

Smashed Avocado Chickpea Salad

This Smashed Avocado Chickpea Salad is a great, no-cooking necessary recipe for an easy lunch. Eat this recipe from home or bring it to work, school, or on a picnic! The lemon or lime will help to keep the avocado green and you will only need about 5 minutes and 6 simple ingredients to prepare this. If you do not finish it all in one sitting or are meal-prepping, store it in an airtight container for up to 5 days. You can serve this on bread as a sandwich or toast, tortillas as a wrap, or on crackers as a dip.

Yield: 4 sandwiches or wraps

Serving Size: 1 sandwich or wrap

Ingredients:

- 2 cans chickpeas
- 1 ½ large ripe avocados, peeled and pitted
- ¼ cup chopped red onion
- 2 cloves garlic, peeled and finely minced
- Juice from 1 lemon or lime
- Salt to taste
- ½ tsp black pepper
- 8 slices of bread OR 4 tortillas

Instructions:

1. Drain and rinse the chickpeas until no bubbles remain.
2. Add the chickpeas and avocados to a large bowl and mash until desired consistency.
3. Add all remaining ingredients.
4. Mix well. Taste and adjust seasonings as desired.
5. Serve as is, with crackers, or in a sandwich or wrap.

Per Serving: Calories 355 kcal, Carbohydrates 45g, Protein 12g, Sat Fat 2g, Sodium 260mg, Sugar 5g

This recipe was adapted and modified from EAT WITH CLARITY <https://eatwithclarity.com/chickpea-avocado-salad/>