

# Chickpea Sandwich

## Instructions

1. Drain and rinse one can of chickpeas. Add the chickpeas to a bowl and smash with a fork.
2. Chop the dill pickle, green onions, red onion, and avocado, and add them to smashed chickpeas.
3. Add the olive oil and lemon juice, and mix to combine. Season with salt and pepper to taste.
4. You can eat the chickpea mixture right out of the bowl, on a piece of whole-grain toast, in a wrap, over greens, or any other way you'd prefer.

## Ingredients

- 1 can of chickpeas
- 1 large dill pickle
- 1 bunch of green onions
- 1 red onion
- 1 avocado
- Juice from half of a lemon
- 1 tbsp of olive oil
- Salt and pepper

## Grocery List

### **Produce**

- Green onions
- Red onion
- Avocado
- Lemon

### **Canned Goods/Grocery**

- Chickpeas
- Dill pickle
- Salt and pepper