

# Chickpea Salad Sandwich



**GREATER  
CHICAGO**  
- **FOOD** -  
DEPOSITORY.

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**Serves:** 3

**Prep:** 5 minutes

## INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1/4 cup onion, diced
- 1/2 bell pepper, diced
- 3 tablespoons mayonnaise
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt & pepper to taste
- 1 teaspoon dried dill (optional)
- 3 slices whole grain bread

## DIRECTIONS

1. Place chickpeas in a bowl and coarsely mash with a fork.
2. Add the onion, bell pepper, mayonnaise, mustard, garlic powder, onion powder, salt, pepper, and dill, and stir until well combined.
3. Spread about 1/3 of the chickpea salad onto each slice of toasted bread. Top with a leafy green if desired.



Nutrition Information	
<i>Serving Size: 1/3 of recipe</i>	
<b>Calories</b>	<b>253</b>
<b>Total fat</b>	<b>12 g</b>
Saturated fat	1.5 g
<b>Cholesterol</b>	<b>5 mg</b>
<b>Sodium</b>	<b>450 mg</b>
<b>Carbohydrates</b>	<b>29 g</b>
Fiber	5 g
Sugar	6 g
<b>Protein</b>	<b>8 g</b>

Recipe source: Tasty