A close up of a sandwich on a plate

Description automatically generatedChickpea salad Sandwich

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| Servings | Prep Time | Total Time |
| 3-4 | 10 mins | ~10 mins |

# Ingredients

* 1 can of chickpeas, drained and rinsed
* 3 tbsp red onion
* 2 tbsp chopped dill pickles
* ¼ cup low-fat mayonnaise
* 1/3 cup plain low-fat Greek yogurt
  + Adjust depending on level of desired “creaminess”
* 2 tbsp Dijon mustard
* ½ tsp garlic powder
* ½ tsp onion powder
* ½ tsp turmeric
* ½ tsp dried dill (can also substitute for fresh dill)
* Paprika for taste
* Cayenne pepper for heat (optional)
* ½ tbsp lemon juice for taste (can add more acid if desired)
* Salt and pepper

**For sandwich:**

* 2 slices of whole grain bread
* Baby spinach and any other garnishes (ie. tomatoes)

# Directions

1. Drain chickpeas and rinse using a strainer. You can choose to remove the skins or keep them on. Removing skins will take ~5-10 minutes but will allow for a much more cohesive mixture.
2. Put chickpeas in a big bowl and mash well using a potato masher or fork. Add rest of the ingredients and combine. Season to taste.
3. Apply mixture to pieces of bread, add garnish and enjoy in sandwich form! You can also use this as a dip for veggies and crackers.

**Note:** This can be an alternate “egg-salad” sandwich for vegans: just substitute the yogurt and mayonnaise for vegan options!