

Chickpea Salad (similar to chicken salad)

Serves Approx. 4-6

- One can chickpeas, drained and rinsed
- Plain hummus
- Veggies of choice: green onions, red bell pepper, carrot, celery: all chopped
- Raisins or Craisins
- Nut of choice - walnuts or pecans are best
- Whole Wheat Bread or tortilla or lettuce leaves for a wrap
- Avocado, tomato and lettuce - if desired- to top off the sandwich



Drain and rinse chickpeas. Either in a blender or in a bowl, smash chickpeas down until most chickpeas broken up. You want some chickpeas to be whole, it gives the salad a chunky texture. In a bowl combine smashed chickpeas, a few scoops of hummus (adjust to desired texture), chopped veggies of choice, raisins or raisins, and nuts. Spread on bread and top with avocado, lettuce and tomato! Or put in a tortilla or lettuce wrap! Enjoy! This can keep in the fridge for up to 5 days.