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# CHICKPEA, FETA & AVOCADO TOAST

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Nut-Free, Egg-Free, Vegetarian

**Yield:** 4 servings    **Total time:** 10 minutes

## Ingredients

- 1 can low-sodium OR no-salt added chickpeas, drained
- 1 avocado, pitted
- 1/2 cup feta cheese
- 2 tsp lemon juice OR 1 tbsp orange juice
- 1/2 tsp black pepper
- 4 pieces multigrain toast
- 2 tsp honey

## Directions

1. Put the chickpeas in a large bowl. Cut avocado and scoop the flesh into the bowl.
2. With a potato masher or large fork, mash the ingredients together until the mix has a spreadable consistency. It doesn't need to be totally smooth.
3. Add the feta, lemon juice (OR orange juice), and pepper, and mix well.
4. Toast multigrain bread (optional).
5. Evenly divide the mashed mixture onto the 4 pieces of toast and spread with a knife. Drizzle with honey and serve.

Per serving: Calories: 337; Total Fat: 13g; Saturated Fat: 4g; Cholesterol: 16mg; Sodium: 564mg; Total Carbohydrates: 43g; Fiber: 12g; Protein: 13g



## D'LISH

## Grocery List

- Chickpeas
- Avocado
- Feta cheese
- Lemon or Orange Juice
- Black pepper
- Multigrain toast
- Honey

## Kitchen Equipment

- Can opener
- Measuring cups
- Measuring spoons
- Large bowl
- Cutting board
- Chef's knife
- Spoon
- Butter knife
- Potato masher or large fork
- Toaster (optional)

## Prep tip

- If using regular chickpeas, rinse and drain before use to reduce sodium content by 40%.
- May use additional seasonings like garlic powder, cilantro, basil
- May substitute feta cheese for goat cheese or no cheese for a dairy-free option.
- May substitute multigrain bread for gluten-free bread. Or omit the bread and serve the mashed mixture in a bowl as a dip.
- If you are not sure how to cut an avocado here is an easy way to do it. Use a chef's knife and cutting board to slice the avocado until the knife hits the seed. Then cut lengthwise around the seed. Rotate the avocado halves in your hands, twisting gently if necessary, to separate the two sections. Place the avocado in a kitchen towel. Hold securely in your hand, and then carefully tap the back edge of the knife into the pit. Twist and then lift straight up to remove. Use a spoon to scoop out the inner flesh.

## Nutrition Information

- This avocado toast recipe is packed with fiber, protein and healthy unsaturated fats that will keep you feeling full and satisfied.
- Replacing saturated fat in your diet with healthy unsaturated fat can reduce your risk of heart disease.
- The fat in avocados also helps to absorb vitamins A, D, E and K. These vitamins are known as fat-soluble vitamins as they need fat in the diet in order to be absorbed by the body.

## Notes