



Avocado Chickpea Sandwich

Ingredients:

1 can chickpeas

1 avocado, peeled and pitted

1/4 cup fresh cilantro, chopped

2 scallions, chopped

1 lime, juiced

3 tbsp extra virgin olive oil

Salt and pepper, to taste

4 slices ciabatta bread

1 roma tomato, sliced

*Optional: 3-4 slices of turkey

Directions:

Combine avocado, chickpeas, cilantro, scallions, lime juice and extra virgin olive oil in a large bowl and mash together until it has a relatively smooth consistency, season with salt and pepper. Spread mixture on top bread and top with tomatoes and turkey.

Enjoy!

