

Whole Grain Chickpea Salad Sandwich



Total Servings: **4**
Serving Size: **1**



Prep Time: **5 minutes**
Cook Time: **0 minutes**

Ingredients

1 15oz. can chickpeas rinsed and drained
2 tbsp low fat mayonnaise
1 tbsp lemon juice
½ cup chopped celery
½ cup finely sliced green onion
½ cup chopped red bell pepper
¼ tsp curry powder
salt and pepper to taste
4 Lettuce leaves
8 slices Roman Meal bread toasted

Instructions

1. Combine chickpeas, mayonnaise and lemon juice in medium bowl; mash with fork. Stir in celery, green onion, curry powder and red bell pepper. Season to taste with salt and pepper..
2. Layer lettuce leaves and chickpea mixture between slices of bread, creating 4 sandwiches.