

Vegetarian Chickpea Sandwich Filling

Yield: 3 servings

Ingredients:

- 1 (19 ounce) can chickpeas (also known as garbanzo beans)
- 1 stalk celery, chopped
- 1/2 onion, chopped
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon dried dill weed
- Salt & pepper to taste



PHOTO: <https://www.allrecipes.com/recipe/16715/vegetarian-chickpea-sandwich-filling/?internalSource=streams&referringid=16376&referring>

Directions:

1. Drain and rinse chickpeas.
2. Pour chickpeas into medium mixing bowl and mash with a fork.
3. Mix in celery, onion, mayonnaise, lemon juice, dill, salt, and pepper.

Nutrition Information per serving :

Calories: 259, Total Fat: 6g, Saturated Fat: 1g, Cholesterol: 2mg, Sodium: 576mg, Carbohydrate 44g, Fiber: 9g, Total Sugar: 1g, Protein: 9g

SOURCE: AllRecipes
