

## Chickpea Power Sandwich Spread

Looking for a nice light summer lunch? Look no further! This spread is spectacular on sandwiches and equally good stuffed in a pita or served with crackers. Add roasted red pepper, lettuce and sprouts for a spectacular power sandwich.

- 1 cup cooked chickpeas (drained)
- 1 cup grated carrots
- 1 stalk celery, finely chopped
- 1 green onion, finely chopped
- 1 tbsp Dijon mustard
- 1 tsp raw honey
- 1 large dill pickle, finely chopped
- 2 tbsp natural mayonnaise
- 1 tsp lemon juice
- pinch of sea salt

Extras:

- Roasted red pepper, sliced cucumber or sliced/chopped tomato
- Romaine leaves
- Sprouts-sunflower or alfalfa

Break up the chickpeas coarsely, using a food processor, potato masher or the back of a fork. Combine chickpeas, carrots, celery, onion, mustard, pickle, mayonnaise, lemon juice and salt in a large bowl.

Assemble sandwiches, stuff in a pita or use as a dip/topping for crackers. Add strips of roasted red pepper, chopped or sliced tomatoes, or cucumber, and top with lettuce and alfalfa sprouts. Or just eat a big bowl of it as is, all mixed together!! Adapted from: [cathyrussellcreativenutrition.com](http://cathyrussellcreativenutrition.com)