



Chickpea Sandwich Spread

- from Denise's Kitchen

Ingredients:

1 (15 oz) can of organic chickpeas, drained
1 chopped stalk of organic celery OR 1/2 tsp of organic celery seed
1/3 cup of organic red onion, chopped
1/3 cup of organic red/green bell pepper, chopped
1 tbsp of freshly squeezed organic lemon juice
2 tsp of organic dried dill weed
1 rounded tbsp of organic sweet relish
3 tbsp of non-GMO vegenaïse
Sea salt & black pepper to taste

Directions:

In a medium-sized mixing bowl, mash your drained chickpeas with a fork. Add your celery (or celery seed), onion, bell pepper, lemon juice, dill weed, sweet relish & mayo and stir until well blended. Taste & adjust your seasonings, adding sea salt & black pepper as necessary. Serve on healthy whole grain bread with some crispy organic romaine lettuce or sprouts.