

SMASHED AVOCADO, CHICKPEA, PESTO SANDWICHES

Recipe Adapted from: [Two Peas & Their Pod](#)

Yields: 3 sandwiches

sandwich ingredients

- 1, 15 oz can, chickpeas (no-salt added), rinsed and drained
- 1 ripe avocado
- 2 tablespoon basil pesto*
- 2 tablespoons lemon juice, or from 1/2 lemon
- Salt & ground black pepper, to taste
- 6 slices, whole wheat/grain bread
- Fresh Spinach, handful (optional)



pesto ingredients

- 3 ounces fresh basil
- 2/3 cup slivered almonds
- 2 cloves garlic
- 1 teaspoon grated lemon zest
- 1/4 cup olive oil
- 1/4 cup water or vegetable broth/stock
- 2 tablespoons lemon juice
- 3/4 teaspoon salt

directions

If making your own pesto, start with that. Add all of the the pesto ingredients to your food processor and blend. Set aside.



In a large bowl, add the chickpeas and avocado. Using an avocado smasher tool (or, a fork), smash together the chickpeas and avocado. Chunks of chickpeas are normal.

Next, add the 2 tablespoons of basil pesto and lemon juice. Mix well. Taste test the mixture to see if you'd like to add salt and pepper.

To make your sandwich, simply layer some spinach (or other mixed greens) on your sliced bread and scoop the bean mixture on the sandwich. I prefer my bread to be toasted.

Tip: If you are looking to take this for lunch, I add one serving to a small pyrex bowl, add a little extra lemon juice to the top, and add a plastic wrap. This helps to prevent the avocado from turning brown--which isn't harmful, it just doesn't look as pretty!

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