



Ready to Cook Ingredients

Chickpea Salad Sandwich / Wrap

INGREDIENTS

Needed For The Prep

- 1 1/2 cups chickpeas, drained & rinsed
- 2 Tbsp. tahini
- 1 tsp. dijon mustard
- 1/2 garlic clove
- 1 tsp. capers
- 1 green onion (scallion)
- 2 Tbsp. cilantro
- 2 Tbsp. lemon juice
- ground black pepper, to taste

Needed for The Assembly

- 1 red onion
- 1/2 avocado
- 1 English cucumber
- 1 radish
- 8 to 10 fresh basil leaves
- ground black pepper, to taste
- whole grain wrap or bread

DIRECTIONS: *THE PREP*

1. *Make the chickpea salad:* chop green onion and cilantro.
2. Add green onion, cilantro, chickpeas, tahini, dijon mustard, garlic, capers, lemon juice and pepper in a food processor. Pulse until combined (not puree).
3. Put in an airtight container and store it in the fridge.
4. Thinly slice: red onion, cucumber and radish. Place in airtight container (separate from chickpea salad), store in fridge.
5. If avocado is too hard, put in a brown paper bag and leave it on the counter. If getting soft, put in fridge to prevent over ripening.

"Ready to Cook" does not always have to include a heat source.

It may simply involve assembly!



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ASSEMBLY TIP

Using *bread*: place top and bottom next to the other (open-faced).

Using *a wrap*: do not roll the wrap to close it. Instead fold it in half, and then slice in half.

After cutting the wrap, place 1 half on top of the other prior to wrapping (if not eating after assembly). This gives more support, keeping it from falling apart in a lunch box.

DIRECTIONS: *THE ASSEMBLY*

1. In a small mixing bowl, mash avocado until smooth.
2. Spread avocado on one half of the wrap or one piece of bread.
3. Spread chickpea salad on other half of wrap / other piece of bread.
4. Place onion slices on top of chickpea salad.
5. On avocado side of bread/wrap, top with cucumbers, radishes, and basil. Season with pepper, to taste.
6. Fold wrap in half or press together both pieces of the bread. Slice, and enjoy!