How Do You Sandwich?
Avocado, chickpeas, cilantro, green onion and lime



I decided to hop on the 'How do you Sandwich' challenge and share one of my absolute favorite gluten-free sandwich recipes made with avocado, chickpeas, cilantro, green onion and lime.

This sandwich is extremely easy to make, requires minimal cooking skills, minimal ingredients, and it's also very nutritious. For instance, avocados are high in heart-healthy fats, chickpeas are a great plant-based protein option and the Promise Gluten-Free Quinoa & Chia bread provides an excellent source of fibre. Fibre helps promote regular digestion, lower cholesterol levels and will keep you feeling full longer. Women should aim for 25g of fibre per day while men should aim for 38g of fibre per day. This sandwich alone provides ~20g of fibre and is absolutely delicious… Now that's what I call a good sandwich!

RECIPE #1.
Smashed Chickpea & Avocado Salad Sandwich
Prep time: 10 min
Serving size: 2

Ingredients:
1 15oz can of chickpeas
1 large ripe avocado
¼ cup cilantro, chopped
2tbsp green onion, chopped
Juice from 1 lime
Salt & pepper, to taste
Bread of choice, recommend Quinoa & Chia GF bread from Promise
Fresh spinach, tomato, bean sprouts or other sandwich toppings of choice.

Directions: Rinse and drain the chickpeas. Place on paper towel and remove the outer skin. In a medium bowl, use a fork or potato masher to mash the chickpeas and avocado together. Add in cilantro, green onion and lime juice. Spread on sandwich bread and add favorite sandwich toppings. I like to add spinach and tomato.

Nutrient Analysis

Calories:	343kcal
	% Daily Value*
Total Fat: 13g Saturated Fat: 1.7g	20% 7.5%
Cholesterol: 0mg	0%
Sodium: 120mg	5%
Total Carbohydrates: 43.5g Dietary fibre 20g Total sugars 1.5g	14.5% 80%
Protein: 11.5g	
Vitamin D	0%
Calcium	9.4%
Iron	7.5%
Potassium: 477.7mg	11%

Notes: this mixture also works great as a dip served with veggies, GF cracks or chips.

Modified from: www.twopeasandtheirpod.com/smashed-chickpea-avocado-salad-sandwich/