



Avocado Chick'N Salad

SERVINGS: 2

PREP TIME: 10 MIN

Ingredients

- 1 can chickpeas (also known as garbanzo beans), drained and rinsed
- 1 ripe avocado, skin and pit removed
- 2 tablespoons lemon juice
- 1 teaspoon dried dill
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Nutrition info per
3/4 cup serving:
345 calories
11 g protein
18 g total fat
2 g saturated fat
40 g carbohydrates
15 g fiber
300 mg sodium

Directions

1. In a medium bowl, mash chickpeas with a fork, potato masher, or hand mixer to desired texture. Add avocado and continue mashing and stirring together.
2. Add remaining ingredients and stir until evenly mixed.
3. Serve in a wrap or sandwich, over greens, or with crackers for an easy lunch, snack, or dinner!