

CHICKPEA SALAD SANDWICH



Ingredients:

- 2 slices whole-grain bread
- 1 cup chickpeas, drained and rinsed
- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- 2 tablespoons diced celery
- 2 tablespoons diced red onion
- ½ teaspoon Dijon mustard
- Lettuce leaves

Instructions:

1. Spread mashed avocado on toasted bread.
2. Layer tomato slices and mozzarella on top.
3. Add fresh basil leaves.
4. Drizzle with olive oil and balsamic glaze.
5. Season with salt and pepper.

