Lunch, American

Smashed Chickpea Salad Toast

Creamy mashed chickpeas with dill and Dijon are spooned over toasted whole grain bread and finished with fresh greens and tomato, with crunchy carrot and celery sticks alongside.



Nut free

10 min	350	57 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 30 oz canned chickpeas (no salt added)
- [ ] 1 tbsp fresh dill (chopped)
- [ ] 1/3 cup low-fat vegan mayonnaise
- [ ] 2 tsp Dijon mustard
- [ ] 2 tsp apple cider vinegar
- [ ] 1/4 tsp onion powder
- [ ] 1/4 tsp paprika
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 4 slice whole grain bread
- [ ] 1/2 pkg (5 oz) spring mix salad
- [ ] 1 whole tomato(es) (sliced)
- [ ] 1 tbsp flat leaf parsley (chopped)
- [ ] 2 large carrots (peeled and cut into 2-inch sticks)
- [ ] 2 stalks celery (trimmed and cut into 2-inch sticks)

Nutrition Facts

Per serving

Calories	350
Total fat	8 g
Saturated fat	0.5 g
Sodium	380 mg
Total carbs	57 g
Fiber	15 g
Total sugars	9 g
Protein	17 g

Method

- [ ] 1 Drain and rinse the chickpeas, then tip them into a medium bowl.
- [ ] 2 Add the chopped fresh dill, low-fat vegan mayonnaise, Dijon Mustard, Apple Cider Vinegar, onion powder, paprika, salt, and black pepper to the bowl.
- [ ] 3 Crush everything with a fork or potato masher until you have a semi-smooth spread.
- [ ] 4 Toast the slices of whole grain bread and divide them between plates.
- [ ] 5 Top each slice with spring mix salad, tomato slices, and the chickpea spread, then scatter the chopped flat leaf parsley over the top.
- [ ] 6 Serve with the carrots and celery sticks on the side.

diabic.com/recipes

Scan to open this recipe and its shopping list