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Fresh Taste for Seniors

Mashed Garbanzo Bean Sandwich

Ingredients:

- 1 can (about 15 ounces) low-sodium garbanzo beans, rinsed and drained
- 1 large, ripe avocado
- 1/4 cup cilantro, chopped
- 2 tablespoons green onion, chopped
- Juice of 1 lime
- Salt and pepper, to taste
- 4 slices whole grain sandwich bread
- Sandwich toppings of your choice, such as tomato, sliced red onion, lettuce, or pickles

Directions:

1. In a medium bowl, mash the garbanzo beans and avocado together with a fork or large spoon.
2. Add the cilantro, green onion, and lime juice and stir
3. Season with salt and pepper.
4. Divide equally among the slices of bread and add toppings.

Makes: 2-4 servings

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



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