



## Vegetarian Chickpea Sandwich

**Serves:** 4

**Cook Time:** 20 minutes

**Shopping list:**

- 4 whole grain pita bread rolls
- 1 (20 ounce) can garbanzo beans, drained and rinsed
- 1-1/4 stalks celery, chopped
- 1/4 cup onion, chopped

- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1-1/4 teaspoons dried dill weed
- salt and pepper to taste
- 1/2 cup lettuce

**Recipe:**

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork.
2. Mix in celery, onion, olive oil, lemon juice, dill, salt and pepper to taste.
3. Grill the focaccia bread rolls and top with the hummus mixture and lettuce if desired.

**ENJOY!**

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