

Chickpea Avocado Toast

Swick

Makes 2 servings | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Nutrition: Calories 384; Fat 19g; Carbs 46g ; Fiber 15g; Sugar 7g; Protein 12g; Cholesterol 0mg; Sodium 157mg; Vitamin A 2590IU; Vitamin C 28mg; Calcium 97mg; Iron 4mg

Step 1: Method

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| <ul style="list-style-type: none">• 1 cup Chickpeas, cooked, rinsed (200 grams)• 1 Avocado• 1 tsp Lemon Juice (5 mL)• 1/4 cup Parsley, finely chopped (5 grams)• 1 Garlic, small clove, minced• Sea Salt & Black Pepper (to taste)• 2 slices Gluten-Free Bread, toasted• 1 cup Baby Spinach (30 grams)• 1 tsp Red Pepper Flakes (~3 grams) | <ol style="list-style-type: none">1. In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.2. On one slice of the toast, add the spinach. Top with the mashed chickpea mixture and the red pepper flakes. Slice and enjoy!3. Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days. <p>Optional: Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.</p> |
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