

## AVOCADO CHICKPEA LETTUCE WRAPS

### INGREDIENTS:

1 CAN REDUCED SODIUM CHICKPEAS, DRAINED  
1 RIPE AVOCADO, PEELED AND SEEDED  
2 STALKS CELERY, FINELY CHOPPED  
2 GREEN ONIONS, FINELY CHOPPED  
1 TBSP. FRESH LEMON JUICE  
SALT AND PEPPER TO TASTE

4 BOSTON OR BIBB LETTUCE LEAVES  
ALFALFA SPROUTS  
SLICED PEPPERS  
TOMATOES  
CUCUMBERS

1. POUR DRAINED CHICKPEAS INTO A MEDIUM BOWL. MASH THE CHICKPEAS UNTIL ABOUT 1/2 OF THE WAY MASHED WITH SOME CHUNKY PEAS MIXED IN.
  2. ADD IN THE AVOCADO AND CONTINUE MASHING UNTIL WELL MIXED AND A CONSISTENCY TO YOUR LIKING. WE LEFT OURS WITH QUITE A FEW CHICKPEAS CHUNKS TO GIVE IT THE FEEL OF TRADITIONAL EGG SALAD.
  3. ADD CELERY, ONIONS AND LEMON JUICE AND STIR UNTIL MIXED. ADD SALT AND PEPPER TO TASTE.
  4. DIVIDE SALAD MIX INTO 4 SERVINGS AND SPOON EACH SERVING INTO A LETTUCE LEAF.
- TOP WITH DESIRED TOPPINGS AND ENJOY!

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**HINRICHS TRADING CO.**

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