

Cooking Demo

This refreshing upgrade to classic egg salad gets its creaminess from heart healthy avocado instead of not-so-heart healthy mayonnaise. Chickpeas (also known as garbanzo beans) are a great source of fiber and lean protein that will help keep you full and satisfied.

Avocado and Chickpea Salad Sandwich

Cost of recipe: \$2.50

Cost per serving: 63¢

Ingredients:

- 1 large ripe avocado
- 1 (15 oz.) can of chickpeas or garbanzo beans
- ¼ cup chopped fresh cilantro
- 2 tablespoons chopped fresh green onions
- Juice of 1 lime
- Pinch of salt
- Pinch of pepper

Directions:

Rinse and drain the chickpeas. *Optional: remove outer skins.* In a medium bowl, using a fork or potato masher smash the chickpeas and avocado together. Add in cilantro, green onion and lime juice. Season with salt and pepper, to taste. Spread salad on bread and top with your favorite sandwich toppings.

Recipe from: <http://www.food.com/recipe/smashed-chickpea-avocado-salad-sandwich-496449>
Modifications by: Abigail Kurowski, MS, RDN, LD



NUTRITION INFORMATION

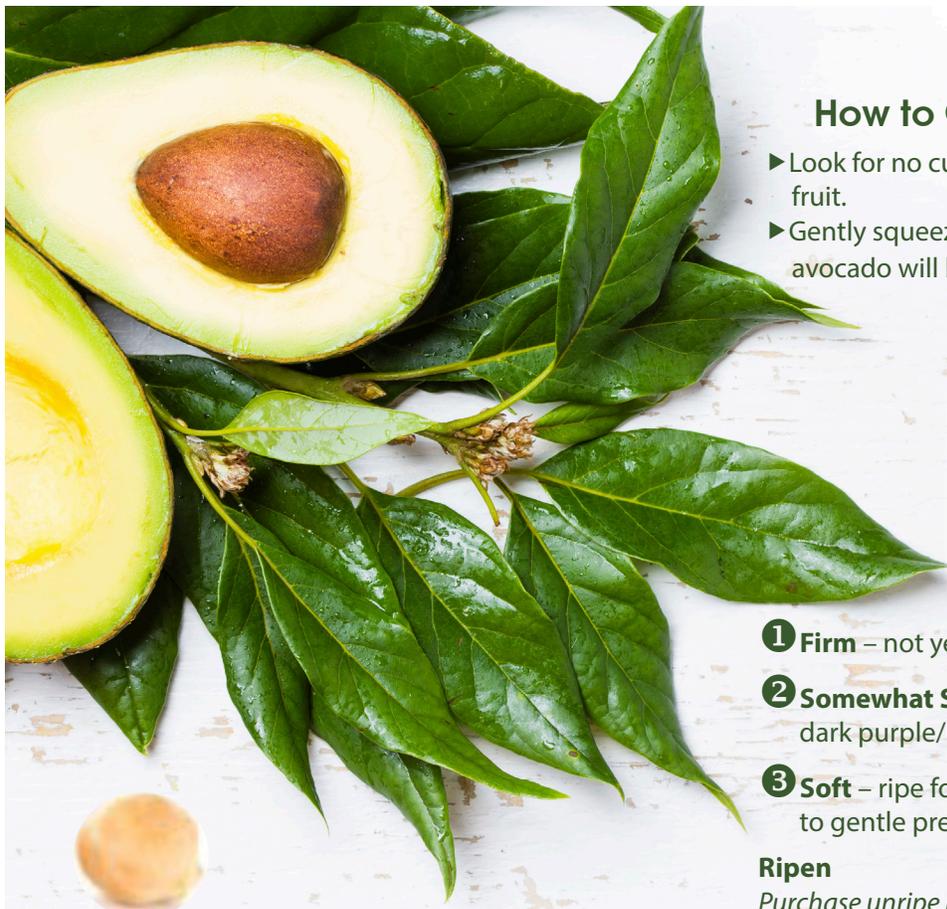
Serves 4 | Serving Size ½ cup

Calories	180
Total Fat	7 g
Saturated Fat	1g
Monounsaturated Fat	4g
Polyunsaturated Fat	1g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	63 mg
Potassium	477 mg
Total Carbohydrate	25 g
Dietary Fiber	8 g
Sugars	4 g

Did you know?

- ▶ Avocados are a **fruit** and are also known as **alligator pears**.
- ▶ Avocados are a source of **heart healthy fats** and provide **vitamins, minerals** and **fiber**.
- ▶ You can use avocado as a **substitute for butter, sour cream, margarine, cheese, and mayo**.





How to Choose and Use an Avocado

- ▶ Look for no cuts, bruises or damage to the outside of the fruit.
- ▶ Gently squeeze the avocado in the palm of your hand. The avocado will be firm but will also yield to gentle pressure.

Stages of Ripeness



- 1 Firm** – not yet ripe (rich green color)
- 2 Somewhat Soft** – almost ripe (green color with hints of dark purple/black)
- 3 Soft** – ripe for tonight! (dark purple or black in color, yields to gentle pressure)

Ripen

Purchase unripe if not for immediate use:

- ▶ Put the unripe avocado in a brown paper bag and store at room temperature. Include a fruit like an apple or kiwi to accelerate the ripening process.

Store

- ▶ Store unripe or ripe avocado at room temperature. Soft ripe avocado can be refrigerated until eaten, and should last for at least two more days.

Cut

- **Remove the pit:** slice avocado vertically and remove pit.
- **Slice avocado inside the skin:** using the tip of the knife, slice into avocado flesh, making sure not to pierce the skin. Repeat until you have sliced entire avocado. If desired, slice both directions to make cubes.
- **Scoop out the avocado:** gently work a spoon between the skin and the sliced avocado flesh. Follow the curve of the avocado to scoop out the slices or cubes.



Chickpeas! What's the Scoop?

- ▶ Also known as **garbanzo beans**
- ▶ An excellent source of plant-based **protein** and high in **fiber**
- ▶ Very **versatile!** Can be used in soups, salads, dips, salads and pasta dishes

Bonus Recipe:

Hummoli Dip

Cross between hummus and guacamole

- 1 cup drained chickpeas
- 1 lemon juiced
- 2 tsp extra virgin olive oil
- ½ medium avocado
- 2 tbsp fresh cilantro
- Salt and pepper to taste
- Optional: half a diced jalapeno if you like spice!

Add the first 4 ingredients in a blender and mix for 45 seconds or until everything is blended. Add salt and pepper to taste and sprinkle with cilantro. Serve with fresh veggies such as carrot sticks or celery and ENJOY this delicious and nutritious snack!

Recipe from: <http://www.healthy-holistic-living.com/homemade-guacamole-and-hummus-dip-recipe.html>

Modifications by: Abigail Kurowski, MS, RDN, LD

Resources: <http://www.californiaavocado.com/nutrition/nutrients>; <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=58>

