

Sweet curry chickpea sandwich

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For curry chickpeas

- 2 cups canned, low-sodium garbanzo beans
- 1 cup premade hummus
- 2/3 cup Granny Smith apples, peeled and cored, medium diced
- 1/2 cup carrots, peeled and shredded
- 1/3 cup raisins
- 1/3 celery, diced small
- 4 tsp lemon juice
- 2 tsp mild curry powder
- 2/3 tsp garlic powder
- 1/3 tsp kosher salt
- 1/8 tsp ground cumin

For service

- 8 each whole wheat bread, sliced, two slices per sandwich

Instructions

For curry chickpeas

1. Lightly mash chickpeas in a food processor or by hand.
2. In a large mixing bowl, combine mashed chickpeas with hummus, apples, carrots, raisins, celery, lemon juice, and spices, mix to combine.

For service

1. Portion 1 cup curry chickpeas onto whole grain bread or bun. Slice in half if desired.

Notes

Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, 1/4 cup other vegetable, and 1/3 cup fruit.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 10.64oz | Calories: 447kcal | Carbohydrates: 67g | Protein: 22g | Fat: 11g | Saturated Fat: 2g | Sodium: 901mg | Fiber: 15g | Sugar: 9g