

Avocado Chickpea Lunch Platter/Wrap

THE JAMES
Mobile
Education
Kitchen

Family Friendly

Items Needed: cutting board, knife, fork,
small mixing bowl, spoon

Serves: 3-4

Ingredients:

- 1 can chickpeas drained and rinsed
- 1 avocado
- 1 tbsp chopped cilantro
- ¼ cup red onion
- ¼ bell pepper (any color)
- 1 roma tomato
- 1 sprinkle of chipotle or chili powder
- splash of lime or lemon juice
- salt and pepper to taste



Directions:

1. To your mixing bowl add your can of chickpeas, drained and rinsed (this will help remove some of the excess sodium from the brine.) Run your knife around the avocado, remove the pit and squeeze each half into the bowl with the chickpeas. Mash together to desired consistency.
2. Rough chop your cilantro, dice your onion and pepper and add it to the mix.
3. Finish with chipotle powder, lime juice and finish with salt and pepper.
4. Serve alongside assorted veggies and tortilla chips for a healthy delicious lunch.
5. For kids: Add turkey and a scoop of the mix to a multigrain tortilla and roll it up for them to enjoy.



Nutrition Information (per ¼ recipe):

Calories: 164 Fat: 10.4 g Carbs: 16.6 g Protein: 4 g Fiber: 4.2 g

<https://wexnermedical.osu.edu/nutrition-services>

