 **“Chickpea of the Sea” Salad**

*Serves 3*

**Ingredients**

1 can chickpeas, drained

Juice of 1/2 lemon + some zest

3 – 4 tablespoons hummus

1/2 cup celery, chopped

1/2 cup red onion, chopped

1/2 teaspoon garlic powder

Black pepper to taste

Dash of cayenne, optional

Leafy greens, to serve

**Directions**

1. Mash garbanzo beans with a potato masher or pulse in a food processor.

2. In a separate bowl, combine lemon, hummus, garlic powder, and black pepper and whisk together.

3. Add in celery and red onion to chickpeas.

4. Toss everything together with lemon hummus dressing and serve over lettuce or in a lettuce wrap.

**Nutrition**

*230 kcals, 20g C, 2g F, 12g P*