

Smashed Chickpea Greek Salad Sandwich

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-spinach-and-chickpeas-recipe>

Ingredients:

- 16 ounces chickpeas or garbanzo beans, I used Bush's Beans
- 2 1/2 tablespoons plain greek yogurt I used Chobani
- 1/3 cup feta cheese
- 1 tablespoon fresh lemon juice
- 2 tablespoons red wine vinegar
- 2 tablespoons diced red onion
- 1/4 cup Kalamata olives diced, pits removed
- 1/4 cup cucumber diced
- 1/4 teaspoon dried oregano
- salt
- pepper
- whole wheat bread slices for sandwich
- spinach leaves for sandwich
- grape tomatoes or tomato slices, for sandwich

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 15 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 870 milligrams
9. Sugar: 1 grams

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