

LUNCHBOX IDEA



CHICK CHICKA SANDWICH

USING CHICKEN & CO-OP GOLD PURE CHICKPEAS

INGREDIENTS

- 1 can Co-op Gold PURE Chickpeas
- 1 cup cooked chicken, finely chopped
- 2 stalks celery, finely chopped
- 3 green onion, thinly sliced
- ¼ cup dill pickle, finely chopped
- ½ tablespoon mayonnaise
- 1½ tablespoon yellow mustard
- 2 teaspoons lemon juice
- fresh ground pepper

DIRECTIONS

Prep Time: 15 Minutes
Serves: 4

In a large bowl, mash chickpeas until flaked in texture. Stir in chicken, celery, green onion, pickles, and mayonnaise until combined.

Stir in mustard and season with lemon juice and ground pepper.

Serve on bread or wraps with your favourite sandwich toppers like lettuce, tomato, or bacon.

NOTES
