

Avocado, Roasted Chickpea & Arugula Toast

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15 ounces cans
Vegetable oil	1 1/3	tablespoons
Garlic powder	1	teaspoon
Chili powder	1	teaspoon
Cayenne pepper	1/4	teaspoon
Salt, divided	1	tablespoon
Avocado, pitted and peeled	6	whole
Lime juice, fresh	3	tablespoons
Lemon juice, fresh	3	tablespoons
Olive oil	1/4	cup
Arugula	1 1/2	quarts
Multigrain bread	12	slices

Preparation

1. Preheat oven to 425 degrees.
2. Prepare the chickpeas by tossing the chickpeas with oil, garlic powder, cayenne, and 1 teaspoon salt in a large bowl; mix to coat well. Spread chickpeas onto a full-sized sheet pan. Make sure they are in a single layer and are not touching. Bake until crisp, about 35 minutes. Remove from the oven and cool.
3. Scoop avocado flesh into a medium bowl. Add lime juice and 1 teaspoon salt. Mash until thoroughly combined.
4. Whisk olive oil and lemon juice together in a small bowl to make a dressing. Season with salt and pepper to taste.
5. Toast bread.

Serving Information

To assemble, spread each toast with approximately 1/3 cup of avocado. Top with 1/2 cup of arugula. Sprinkle with 2 tablespoon roasted chickpeas. Top with 2 teaspoon of olive oil – lemon dressing. Serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 317 Total Fat: 18g Saturated Fat: 2.3g Monounsaturated Fat: 11g Polyunsaturated Fat: 2.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 32g Fiber: 10g Total Sugars: 3g Protein: 8.5g Sodium: 660mg
Vitamin A: 21µg Vitamin C: 10mg Calcium: 54mg Iron: 2.8mg Folate: 72µg