



Anti-Inflammatory Avocado Boats

2 servings
20 minutes

Ingredients

1 can Chickpeas
1/4 cup Red Onion (diced)
1 tsp Turmeric
2 tbsps Fresh Dill (chopped)
1/4 tsp Garlic Powder
1/4 tsp Sea Salt & Black Pepper
1/4 tsp Coriander
2 tbsps Dijon Mustard
1/2 cup Tahini
2 Avocado (halved, pitted)
1 Lemon (juiced)

Directions

- 1 Add the chickpeas to a medium mixing bowl and mash using a fork. Add all other ingredients, but only 1/2 of the lemon juice. Mix until all ingredients are combined. *Use a food processor- add all ingredients and pulse until roughly chopped. You don't want to make a paste, just a rough chop.
- 2 Spoon chickpea salad mixture on top of the avocados, drizzle with remaining lemon juice, serve.

Notes

Variation: Use Vegan mayo in place of tahini for more of an "egg salad". Start with only 1 to 2 tbsp of mayo, then add more if desired.