

Chickpea Lunch Playbook – Open-Faced Spreads

All spreads designed for dense whole-grain or rye bread

Serves as lunch mains or light dinners

Chickpea–Tuna Smørrebrød

Chickpeas + tuna + yogurt + dill + capers. Savory, briny, protein-forward.

Chickpea–Egg & Dill Salad

Mashed chickpeas with chopped hard-boiled eggs, yogurt, Dijon, dill, lemon.

Chickpea–Smoked Fish Spread

Chickpeas with smoked salmon/trout, yogurt, lemon, pepper, and dill.

Chickpea–Cheese & Chive Spread

Chickpeas mixed with yogurt and a little cream cheese or Parmesan, chives, pepper.

Chickpea–Mustard & Pickle Spread

Chickpeas, yogurt, Dijon, finely chopped cornichons or capers, black pepper.



General Notes

- Chickpeas should be mashed finely enough to spread but retain some texture.
- Yogurt is the primary binder; mayonnaise is optional and minimal.
- Season lightly—salt can always be added at the table.
- These spreads keep well refrigerated for 2–3 days.

