

## Chickpea–Tuna Smørrebrød Spread

Open-faced lunch spread • Serves 3–4

### Ingredients

- 1 (400 g) can chickpeas, drained and rinsed
- 1 (70 g drained) can tuna in water, flaked
- 120 g Greek yogurt (plain, nonfat)
- 1–2 T mayonnaise
- 1 tsp Dijon mustard
- 2 T lemon juice
- 2 T capers, rinsed and finely chopped
- 25 g red onion or shallot, very finely minced
- 1–2 T fresh dill, finely chopped (or 1 tsp dried)
- Black pepper, to taste
- Salt, very light pinch if needed



### Method

1. Prepare the chickpeas:
  - Place **chickpeas** in a bowl and mash until about 60–70% smooth with some texture remaining.
2. Add tuna:
  - Fold in the flaked **tuna** gently so it remains in small pieces.
3. Mix dressing:
  - In a small bowl, stir together **yogurt, mayonnaise, Dijon mustard, and lemon juice**.
4. Combine:
  - Add **dressing, capers, onion, dill, and black pepper** to the chickpea mixture. Mix until cohesive but not loose.
5. Adjust seasoning:
  - Taste and add only a small pinch of **salt** if necessary.
6. Serve:
  - Spread thickly on toasted Kirkland whole-grain bread. Garnish with **cucumber slices, radish, or extra dill** if desired.

### Nutrition (per serving, approx.)

Kcal: 320 | Protein: 20 g | Fat: 12 g | Sat. Fat: 2 g | Carbs: 30 g | Sugars: 3 g |  
Fiber: 7 g | Sodium: ~280 mg