

# Vegan Smashed Chickpea Sandwich with Lemon and Dill

Prep: 10 minutes • Cook: 0 minutes

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*A bright, creamy smashed chickpea filling layered with lemon, dill, and crisp celery, bringing tangy freshness and satisfying crunch to a protein-packed vegan sandwich.*

## Ingredients

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- 1 can (15 oz/398 ml) chickpeas (rinsed)
- 2 tablespoons lemon juice
- 3 tablespoons hummus
- 2 teaspoons extra virgin olive oil
- 1 1/2 teaspoons Dijon mustard
- 2 ribs celery (diced)
- 1 tablespoon fresh dill (chopped)
- 2 teaspoons flat-leaf parsley (minced)
- 1 scallion (green onion) (thinly sliced)
- 1/4 teaspoon, more to taste fine sea salt
- 1/4 teaspoon black pepper
- 6 slices whole-grain bread (gluten-free if needed)
- to taste mayonnaise (vegan if needed)
- 3 leaves lettuce

## Instructions

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1. In a large bowl, combine chickpeas, lemon juice, hummus, olive oil, and Dijon mustard. Mash with a potato masher or fork until creamy but still slightly chunky.
2. Stir in celery, dill, parsley, scallion, salt, and pepper. Taste and adjust salt as needed.
3. Toast bread if desired. Spread a thin layer of mayonnaise on each slice, add the chickpea filling and lettuce, then assemble the sandwiches.

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**Tags: Vegan, Sandwich, High Protein, Gluten Free Option, Quick and Easy, Meal Prep Friendly**

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