Recipe: Smashed Chickpea & Salmon Salad

3 MIN READ

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A protein-packed lunch in under 10 minutes.

This smashed chickpea and salmon salad is your weekday lunch plan, solved. No cooking. No fuss. Just a handful of pantry ingredients and ten minutes of your time. It's got three sources of protein — chickpeas, salmon, and Greek yoghurt — meaning it'll keep you full and energized well past your usual afternoon slump. Serve it on crackers, pile it onto sourdough toast, or eat it straight from the bowl. Any way you enjoy it, you're unlikely to leave leftovers.

Why It Works

Mediterranean diet-aligned, this recipe hits several key nutritional marks: lean protein, omega-3s, and **gut healthy** pre- and probiotics being among its biggest perks.

Chickpeas are low on the glycemic index and high in plant-based protein and **fiber**, supporting satiety and **digestive health**. They're also rich in phytonutrients that help protect your cells from damage.

Salmon abounds in omega-3 fatty acids, which support heart health, boost brain function, and reduce inflammation. Not *just* a lean protein, **salmon** is also a good source of vitamin D and B12, both commonly **under-consumed and less bioavailable with age**.

Greek yogurt adds yet another source of protein — without the saturated fat found in most salads' mayo. It also **contains probiotics** that support gut health and increase immune function.

Red onion contains antioxidants like quercetin, known to **support heart health**, lower blood pressure, and strengthen the immune system. It's also a source of prebiotic fiber that feeds beneficial gut bacteria.

Pickles are a **fermented food**, meaning they contribute additional probiotics for gut health. They're also a delicious and low-calorie way to add flavor and crunch.

Fresh dill and parsley are both surprisingly good sources of vitamin K, which supports bone health and blood clotting. You'll also get some vitamin C, which supports immune function and helps the body **absorb plant-based iron** from the chickpeas — an important pairing worth noting.

The Recipe: Smashed Chickpea & Salmon Salad

For a recipe that puts legumes center-stage, try this simple, smashed chickpea and salmon salad recipe:

Yield: 3 Servings

Serving size: ½ cup

- 1 15 oz. can chickpeas, drained and rinsed
- 1 6 oz. can salmon or tuna, drained
- ½ medium red onion, diced
- ? cup pickles, diced
- 2 tbsp. plain Greek yogurt
- 2 tbsp. fresh dill
- 2 tbsp. fresh parsley
- Juice of ½ lemon

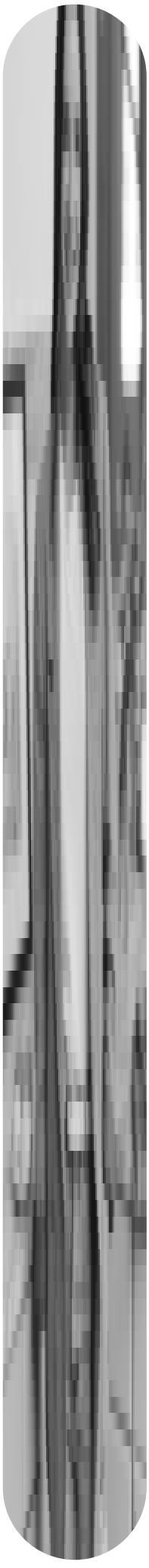
- ½ tsp. garlic powder
- Salt and pepper to taste

1. In a medium sized bowl, use the back of a fork to lightly mash one can of chickpeas. Add canned salmon or tuna and mix together.
2. Next, add the red onion, pickles, greek yogurt, fresh herbs, lemon juice, garlic powder and salt and pepper. Stir together until well combined.
3. Pair with crackers or add to sourdough toast. Store leftovers in the fridge for up to 3 days.

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