

Nottingham Sandwich Spread

MY BEEF WITH MEAT pg. 224 by Jane Esselstyn Say the word “Nottingham?? slowly three times. The sound should be reminiscent of “Not-Eating-Ham.?? This recipe is by no means a ham spread, but it sure does have the consistency and texture of one! Try this on none other than the Nottingham Flatbread (page 163) for lunch.

Prep time: :10

Cook time:

Yield: 1 1/2 C

Serving size: 4

Calories per serving: 110

Ingredients:

1 cup cooked chickpeas mashed with fork or food processor

1/4 cup chopped onion

1/4 cup chopped dill pickle or pickle relish

1 stalk finely chopped celery

1 1/2 tablespoons Dijon style mustard

1 1/2 tablespoons unsweetened applesauce

1/2 teaspoon fresh dill weed

1 teaspoon salt

1/4 teaspoon pepper



Directions:

Mix all of the ingredients in a bowl using a fork—make sure to smash the chickpeas.

Spread on sandwiches, in wraps, or serve as a dip.