

CHICKPEA TUNA SALAD

INGREDIENTS

For the Chickpea Tuna Salad

- 1/2 cup thinly sliced red onion
- 1 15-ounce can chickpeas, rinsed and drained
- 1 pint cherry or grape tomatoes *halved*
- 1 large seedless English cucumber, *halved lengthwise and cut into 1/4-inch slices*
- 1 red bell pepper *cored and diced finely*
- 12 ounces solid pack albacore tuna in water
- 3 cups arugula
- 1/4 cup parsley *finely chopped*
- 1/4 cup Feta cheese

For the Dressing

- 1/4 cup freshly squeezed lemon juice *from (about 1 large lemon)*
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, *minced (about 2 teaspoons)*
- 1/8 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

DIRECTIONS

1. In a large mixing bowl, toss the onions, chickpeas, tomatoes, cucumber, and bell pepper.
2. Drain the tuna and flake into the bowl. Add the arugula and toss.
3. Prepare the dressing: In a small bowl or measuring cup, stir together the lemon juice, olive oil, garlic, salt and pepper. (You can also shake them all together in a mason jar with a tight-fitting lid).
4. Drizzle just enough dressing over the salad to moisten it, then toss to coat. Sprinkle the feta and parsley on top, then toss lightly again. Taste and add additional salt, pepper, or dressing as desired. Enjoy!

VARIATIONS & TIPS

- Store leftovers in the refrigerator for 2-3 days.
- The arugula will wilt as it sits, so if you'd like to preserve its texture, store the arugula separately, then mix it with only the portion of the chickpea/tuna mixture you plan to eat that day.
- Wake up your leftovers with a little extra dressing or squirt of lemon juice and a pinch of kosher salt.
- This salad would work well with other types of beans as well, just make sure to rinse and drain them.
- You can make this a bigger salad by adding additional greens and a larger batch of the dressing to coat all additional greens.
- Omit the feta and tuna to make this whole food plant-based.

NUTRITION FACTS

378cal, Carbohydrates: 28g, Fiber: 7.2g, Sugar: 7g (0g added sugar), Protein: 29.3g, Fat: 16.6g, Saturated fat: 3.7g, Cholesterol: 44mg, Sodium: 632mg

YIELD: 4 servings (2 cups)

SOUCE: Adapted from [wellplated.com](https://www.wellplated.com)



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