

Mediterranean Tuna Salad

Ingredients:

- 15 oz reduced sodium tuna in water, drained
- 1 red bell pepper, finely chopped
- ½ red onion, finely chopped
- ½ cup chickpeas (garbanzo beans)
- 2 cloves garlic, minced
- 1 cucumber, cut lengthwise & sliced
- ½ cup black olives, halved
- 1 bunch fresh parsley, chopped
- 3 tablespoons olive oil
- Salt and pepper
- Juice of 1 lemon
- Zest of 1 lemon



Instructions:

1. In a bowl, mix together red bell pepper, red onion, cucumber, tuna, garlic, chickpeas, black olives and lemon zest.
2. Drizzle olive oil, lemon juice and seas with salt and ground pepper.
3. Garnish with fresh parsley and serve cold.

Notes:

- Cut the vegetables into small and evenly sized pieces. They will be easier to combine and easier to eat.
- Use fresh lemon juice rather than bottled. It has a much brighter and fresher flavor!
- Chickpeas provide a good amount of protein and fiber and turn this salad into a fuller meal. You can substitute these beans with black beans or white beans, based on what you have in your pantry.