



Tuna Chickpea Salad

4 servings

15 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (zest and juice)
- 1/4 tsp Sea Salt
- 2 cups Chickpeas (cooked)
- 1 can Tuna (drained)
- 5 stalks Green Onion (chopped)
- 1/2 cup Parsley (chopped)

Directions

- 1 In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

Make it a Meal: Serve salad over baby spinach with sliced cucumber on the side.

No Green Onions: Use red or white onion instead.

No Chickpeas: Use white beans or lentils instead.

No Tuna: Use canned salmon instead.

More Flavor: Add dried or fresh dill, minced garlic, red chili flakes, or freshly ground black pepper to taste.