

Tuna and Chickpea Salad

Savannah · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

Light and refreshing chickpea and tuna salad that can be eaten as a main dish or served with pita chips as an appetizer For a meatier salad add one more can of undrained tuna You can also add drained chopped artichoke hearts

Ingredients

- - 1 (5 ounce) can Italian tuna packed in olive oil
- undrained - 1 (16 ounce) can chickpeas (garbanzo beans)
- drained - 1 (2.25 ounce) can black olives
- chopped - ¼ cup chopped Italian (flat-leaf) parsley - ½ red onion
- chopped - lemon
- juiced - ¼ cup crumbled reduced-fat feta cheese
- or more to taste - salt and ground black pepper to taste

Instructions

1. Stir tuna
2. chickpeas
3. olives
4. parsley
5. red onion
6. lemon juice
7. and feta cheese together in a bowl. Season with salt and pepper.