



MEDITERRANEAN TUNA SALAD

Makes 4 servings

INGREDIENTS

2 pouches albacore tuna
1 can chickpeas
Handful cherry tomatoes
Handful fresh spinach leaves
6-8 Pitted Kalamata olives
Olive oil
Juice from 1/2 lemon
Dried oregano

INSTRUCTIONS

Rinse and drain chickpeas. Rinse and chop spinach leaves. Juice lemon and remove seeds. Half the tomatoes.

Combine tuna, chickpeas, tomatoes, spinach and olives in a bowl. Toss with a drizzle of olive oil, lemon juice and a sprinkle of dried oregano.