

# Chickpea Tuna Salad

Chickpeas are high in fiber, potassium, vitamin B, and protein, promoting heart health. The fiber in the chickpeas helps reduce the risk of heart disease by lowering cholesterol levels in the blood.

## Ingredients

- 1 can chickpeas
- 1 can tuna, drained
- 1 can mixed vegetables
- 2 tablespoons mayonnaise or plain Greek yogurt
- 2 tablespoons of your choice of oil
- 1 tablespoon fresh lemon juice (optional)
- 1 tablespoon Dijon mustard (optional)
- Optional ingredients: hot sauce, salt, black pepper, chopped celery, chopped onion, chopped fresh dill

## Directions

- Step 1 - Combine mayonnaise or Greek yogurt, your choice of oil, lemon juice, Dijon mustard, any optional seasonings in a small bowl; whisk to combine
- Step 2 - Drain and rinse chickpeas, and dry with a clean kitchen towel. If desired, peel and discard loose skins, and transfer chickpeas to a medium bowl. (Optional: Mash some of the chickpeas with a fork to help the salad better stick together)
- Step 3 - Add tuna, mixed vegetables, and optional ingredients; stir to combine. Serve in a sandwich or wrap, over a bed of arugula, or with crackers.

## Notes

- Store leftover salad in an airtight storage container in the refrigerator for up to 3 days

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