

# RECIPE

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## CHICKPEA, TUNA & TOMATO SALAD WITH ARUGULA

### INGREDIENTS:

- 1 15 oz. can chickpeas, drained and rinsed
- 1 4 oz. can tuna in olive oil, drained
- 1 large tomato, roughly chopped
- 2 tbsp capers, drained and rinsed
- 2 tbsp extra virgin olive oil
- 1 tbsp white wine vinegar
- 2 cups baby arugula
- freshly ground black pepper, to taste

### DIRECTIONS:

In a large bowl, flake in the drained tuna. Its ok if you didn't drain it fully and there are still some drops of the oil, it makes the salad extra yummy!

Add in the roughly chopped tomatoes, capers and arugula along with the drained and rinsed chickpeas. Toss all the ingredients together until combined well.

Lastly, finish it off by drizzling the extra virgin olive, splash of white wine vinegar and freshly ground black pepper to taste into the bowl. Toss gently and serve.

Serves: 2

