

Tuna and Chickpea Summer Salad

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Tuna and Chickpea Summer Salad is an easy and delicious way to make your next barbecue memorable! Easy to prepare, this savory side dish features tender chickpeas, flaky canned tuna, and zesty feta cheese tossed together into a hearty and delicious side dish. Whether you serve it alongside baked falafel sandwiches or an All-American hamburger, the Mediterranean flavors make this side dish an instant classic.

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
1/4 cup chopped Italian (flat-leaf) parsley
1/2 red onion, chopped
lemon, juiced
1/4 cup crumbled reduced-fat feta cheese, or more to taste
salt and ground black pepper to taste

Directions:

1. In large bowl combine tuna, chickpeas, and olives. Toss to combine well.
2. Add lemon juice and olive oil, and stir until combined.
3. Gently stir in feta cheese, and season with salt and pepper. Chill 1-2 hours before serving; serve cold.

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