

# MEDITERRANEAN TUNA SALAD



Makes 10, 1/2 cup servings

## INGREDIENTS

- 1 can garbanzo beans (drained and rinsed)
- 3 celery ribs (diced)
- 1 small red pepper
- 4 green onions (chopped)
- 2 cans (5 ounces) tuna (canned in water, drained)
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons spicy brown mustard
- 1/2 teaspoon basil
- 1/2 teaspoon pepper
- 1/2 cup feta cheese

## DIRECTIONS

In a medium bowl, combine garbanzo beans, celery, red pepper, green onions, and tuna. In a small bowl, combine olive oil, balsamic vinegar, spicy brown mustard, basil, and pepper. Whisk to combine and pour over other ingredients.

## TIPS

- Enjoy your tuna salad with crackers or in a pita!

## NUTRITION

101 calories  
9 g protein  
314 mg sodium  
10 g carbohydrate  
2 g fiber