

Mediterranean Salad with Tuna

Canada's Food Guide recommends 7–10 servings of Vegetables and Fruit daily. An easy way to reach this goal is to have a salad – it's fresh, delicious, and naturally good for you!



Ingredients:

1–19 ounce can	Chickpeas (garbanzo beans)	1–540 mL can
1 large	Green bell pepper	1 large
1 small	Red onion	1 small
4 medium	Tomatoes	4 medium
1 bunch	Radishes	1 bunch
1 medium	Cucumber	1 medium
2 Tbsp	Canola oil	30 mL
¼ cup	Fresh lemon juice (or 1 Tbsp lemon juice, bottled)	60 mL
¼ tsp	Salt	1 mL
¼ tsp	Pepper	1 mL
1 Tbsp	Parsley flakes	15 mL
1–6 ounce can	Tuna, canned in water, drained	1–165 g can

Directions:

1. Drain chickpeas, rinse with cold water and transfer to a large salad bowl.
2. Wash all vegetables; remove the seeds from peppers, tomatoes and cucumbers, and dice very small. Add to the chickpeas.
3. Peel the onion, cut into two equal pieces and slice very thin. Add to the chickpeas and other vegetables.
4. Trim the top and end of radishes, dice very small and add to the chickpeas and vegetables.
5. In a small bowl, mix the oil, the lemon juice, salt, pepper and parsley flakes. Add to the salad and toss.
6. Top with tuna and enjoy!

Makes 6 servings (250 mL/ 1 cup/ 277 g)

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Nutrition Facts	
Per 1/6 of recipe (250 mL/ 1 cup/ 277 g)	
Amount	% Daily Value
Calories 210	
Fat 7 g	14 %
Saturated 0.5 g + Trans 0 g	13 %
Cholesterol 5 mg	
Sodium 340 mg	3 %
Carbohydrate 26 g	9 %
Fibre 5 g	20 %
Sugars 8 g	
Protein 13 g	
Vitamin A	30 %
Vitamin C	70 %
Calcium	6 %
Iron	20 %

Nutrient Claim	Amount per serving
High in fibre	5 g
Low in saturated fat	0.5
Very high in potassium	600 mg
Source of calcium	59 mg
High in magnesium	57 mg
Very high in folate	131 mcg
High in iron	2.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Most Often recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.