



## Chick Pea and Tuna Salad

1 small can (15 oz) cooked Chick Peas (garbanzo beans)  
5 Tablespoons chopped parsley  
½ cup fresh lemon juice  
3 Tablespoons Olive oil  
1 Tablespoon Minced garlic  
1-4oz can Chunk Light Tuna  
Pinch of salt and pepper

- 1) Combine all ingredients in a large bowl and mix well.
- 2) Serve bean salad on a bed of baby arugulla or fresh spinach