

Green Leafy Salad with Tuna and Chickpeas

Ingredients

- 6 cups mixed greens (romaine, arugula, spinach), washed and dried
- 1 can (5–6 oz) tuna in olive oil, drained and flaked
- 1 cup cooked chickpeas, rinsed and drained
- ½ cup cucumber, sliced
- ½ cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced
- 2 Tbsp capers or chopped olives (optional)

Lemon–Olive Oil Dressing

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp honey (optional)
- ¼ tsp salt, ¼ tsp black pepper

Instructions

1. Dressing: In a small jar, combine olive oil, lemon juice, Dijon, honey (optional), salt, pepper. Shake until creamy.

2. Build the salad: Place greens in a large bowl. Top with tuna, chickpeas, cucumber, tomatoes, onion, and capers/olives.
3. Dress and toss: Drizzle $\frac{3}{4}$ of the dressing over the salad. Toss gently with clean hands or tongs so greens are lightly coated. Add more dressing to taste.
4. Finish: Taste for salt and acidity. Add a squeeze of lemon if you like it brighter.

Make-ahead tip

Keep greens and toppings separate; dress just before serving so the leaves stay crisp.