

TUNA AND CHICKPEA SALAD

Ingredients

1 can tuna
1 can chickpeas
1 avocado, diced
½ red onion, thinly sliced
10 cherry tomatoes, halved top to bottom
1-2 fresh chillies, finely sliced
2 tbsps capers, rinsed
1 lemon, juiced and zested

½ cup Italian parsley, roughly chopped
¼ cup cilantro, roughly chopped
6 leaves basil
1 tbsp and 1 tsp of red wine vinegar
3 tbsp extra virgin olive oil
Finishing salt and fresh pepper

Directions

Place sliced red onions in a bowl and cover with ice water and 1 tsp red wine vinegar. Soak 20 min – this will remove some of the bite from the onions. Remove water and set aside.

In a large bowl break tuna into chunks. Add the rinsed chickpeas, capers, tomato halves, avocado, soaked red onions, chillies, lemon juice and zest, red wine vinegar, and olive oil. Toss well.

Add the parsley and cilantro. Tear the basil leaves into the salad. Toss together.

Taste. Add more olive oil if too acidic, add red wine vinegar if too oily. Season with finishing salt and pepper.

ENJOY!

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THIS IS a great, quick, super healthy salad that can be made in 20 minutes!! Seared, fresh tuna could be substituted for the canned tuna for a delicious treat! I like to make it to eat for lunch as I am always on the go and can't afford too much kitchen time. It's also one of the most filling salads imaginable because it's rich in both protein and fiber (protein is very satiating, and fiber is very filling). The salad is so versatile you can even heat it up, toss it through pasta, and serve it with a sprinkling of Parmesan.

~ALLISON EZZAT, BScPT, MCISc, FCAMT

In addition to her work at Aquatic Centre Physiotherapy, Allison is pursuing further research training at the Arthritis Research Centre of Canada investigating risk factors for osteoarthritis development and early intervention strategies. Allison is also a Teaching Assistant and Clinical Examiner in the Physiotherapy program at the University of British Columbia.  

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