



# ***Albacore Tuna, Chickpea and Roasted Beet Salad***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1/3 cup balsamic vinegar  
1 tablespoon Dijon mustard  
1/2 cup extra virgin olive oil  
2 cans (5 ounces) albacore tuna packed in water, drained  
1/2 teaspoon sea salt  
Freshly ground black pepper  
1 head romaine lettuce, trimmed and cut into 1-inch pieces  
3 ounces baby spinach (3 cups)  
1 package (8 ounces) cooked beets, quartered  
1 can (15 ounces) chickpeas, drained and rinsed  
Small seedless cucumber, diced

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## ***Directions***

In a small bowl, whisk together vinegar, mustard, and oil. Reserve 1/3 cup dressing and combine tuna in dressing bowl. In a serving bowl, toss together romaine, spinach, beets, cucumbers and chickpeas. Toss salad with remaining dressing and top with tuna.

Enjoy!