



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 MINUTE LUNCHES

Olive Oil-Marinated Tuna & Chickpea Salad

no cooking required

In your box

- 15 ½ oz. Canned Chickpeas
- 5 oz. Baby Spinach
- 5.2 oz. Yellowfin Tuna
- 3 oz. Golden Italian Dressing
- 1 oz. Feta Cheese
- 1 oz. Crispy Fried Onions

Prepare the Salad

- Thoroughly rinse produce and pat dry.
- Drain and rinse **chickpeas**.
- Place chickpeas (feel free to use only half), **spinach**, **tuna** in a bowl and toss with **dressing**. Garnish with **feta** and **crispy onions**. Bon appétit!

NUTRITION per serving Calories: 657, Carbohydrates: 45g,
Fat: 38g, Protein: 33g, Sodium: 940mg.
CONTAINS milk, wheat, soy, fish (tuna)

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.