

Tuna, Chickpea and Avocado Salad

Dressing

4 Tbsp olive oil
1 Tbsp lemon jc.
1 Tbsp water
1 tsp Dijon mustard
-(wheat and gluten free, made with
cider vinegar)
salt and pepper

Salad

2 avocados
1 can tuna in water, drained and
flaked
1 can chickpeas, rinsed
1 red onion, sliced
1 tbsp chopped fresh dill

- Mix dressing ingredients by hand or with hand mixer.
- Dice avocados
- Combine all ingredients and toss with dressing.