

Chickpea & Tuna Pasta Salad

Ingredients

4 ounce fresh or frozen green beans
8 ounces whole wheat pasta – cook and drain
1 15 oz. can chickpeas, drained and rinsed
1 roma tomato
1 minced shallot
5 ounces tuna
¼ cup olives

Dressing:

2 teaspoons dijon mustard
1 tablespoon red wine vinegar
3 tablespoons olive oil
¼ teaspoon salt



Instructions

1. Bring a large saucepan of water to a rolling boil. Add beans and boil 1-2 minutes, remove with a large slotted spoon. Allow the beans to cool completely, and cut into bite-sized pieces.
2. Return the water to a boil and cook the pasta according to package instructions. Drain the pasta, cool with cold tap water, and place in a large bowl.
3. Combine the vinaigrette ingredients in a small jar and shake until well combined.
4. In a large bowl add green beans, chickpeas, tuna, shallots, tomato, and olives to the pasta. Toss with the vinaigrette.

Serve chilled