

Mediterranean Crispbread Salad



Ballarat Health Services

Ingredients

425g can tuna in olive oil
400g can chickpeas
200g roasted pepper strips
150g pkt Nana Crispy Artisan Crackers Oregano, Tomato, Parmesan Cheese & Garlic (see note)
140g pkt pre-hopped kale, can substitute with rocket & spinach
85g (1/2 cup) green Sicilian olives
100g marinated feta
Balsamic glaze, to drizzle

Note—You can make your own crispbread by baking pita bread topped with olive oil, oregano and cracked pepper



Method

Step 1

Drain the tuna, chickpeas and pepper strips.

Step 2

Arrange the crackers and kale on a large serving platter.

Step 3

Top with the tuna, chickpeas, pepper strips and olives. Crumble over the marinated feta and drizzle over a little marinating oil from the jar. Drizzle over the balsamic glaze. Season with pepper and serve.

Choose the Mediterranean Diet for huge health benefits

Source: www.taste.com.au