**Salmon Chickpea Salad**

**Ingredients:**
- 1 can (7.5oz) salmon, drained
- 1 cup canned chickpeas, drained
- 1 cup cherry tomato, halved
- 1/4 cup low fat Italian dressing

**Directions:**
1. Toss together the salmon, chickpeas, tomatoes, and dressing
2. Serve over top of your favourite greens or on its own.

Source: www.food.com
Per: 1 serving of salad
(4 servings per recipe)

Energy..........................240 kcal
Fat.................................5g
Carbohydrates...............29g
Protein..........................21g

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