TUNA GRAIN BOWL

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon fresh lemon juice
- 1/2 teaspoon Dijon mustard
- Dash of salt
- Dash of freshly ground black pepper
- 1/2 cup cooked quinoa or brown rice
- 1/4 cup unsalted canned chickpeas or other beans, rinsed and drained
- 1/4 cup chopped cucumber
- 1 tablespoon cheese
- 5 cherry tomatoes, halved
- 1 (2.6-oz.) pouch tuna in water

How to Make It

Step 1

Combine first 6 ingredients (oil, vinegar, lemon juice, mustard, salt, and pepper) in a small bowl, stirring well with a fork.

Step 2

Combine quinoa or rice and remaining ingredients in a bowl. Drizzle with dressing; toss gently to coat.