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## ***Grilled Tuna with Chickpea and Spinach Salad***

- 1 Tbsp olive or canola oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp oregano, minced (or 1 tsp dried)
- 12 Oz tuna steak, cut into 4 portions (3 oz each)

### **For salad:**

- 1/2 Can (15½ oz) low-sodium chickpeas (or garbanzo beans), drained and rinsed
- 1/2 Bag (10 oz) leaf spinach, rinsed and dried
- 1 Tbsp lemon juice
- 1 Medium tomato, rinsed and cut into wedges
- 1/8 Tsp salt
- 1/8 Tsp ground black pepper

- 1) Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- 2) Combine oil, garlic, lemon juice, and oregano, and brush over tuna steaks. Marinate for 5–10 minutes.
- 3) Meanwhile, combine all salad ingredients. (Salad can be made up to 2 hours in advance and refrigerated.)
- 4) Grill or broil tuna on high heat for 3–4 minutes on each side until the flesh is opaque and separates easily with a fork (to a minimum internal temperature of 145 °F).
- 5) Serve one tuna steak over 1 cup of mixed salad.

Makes 4 Servings