

Seared Tuna with Lemon Oregano Chickpeas, Garlic Yogurt, and Cucumber Tomato Salad and Pickled Grapes

Chef Brad

Albacore Tuna (can be found in most Asian markets)

For the Chickpeas

1 8oz can chickpeas
1 small onion, diced
2 stalks celery, diced
½ green bell pepper, diced
1 small carrot, diced
1 ½ cups vegetable stock
1 lemon, juiced
Fresh oregano
Salt and pepper

Any amount of your favorite vegetables

For the Yogurt

1 cup low/no fat greek style yogurt
2-3 cloves roasted garlic
1-2 cloves fresh garlic minced
½ lemon, juiced

For the Cucumber and Tomatoes

2 medium Roma tomatoes, diced
½ large cucumber, diced
2 Tbsp olive oil
3 Tbsp toasted flax seeds
Salt and pepper

For the Grapes

½ cup lime juice
2 tsp honey
15 red grapes, halved
pinch of salt