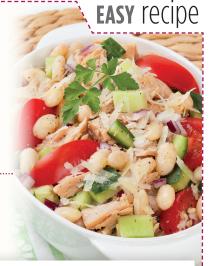
Tuscan Tuna and Bean Salad

 can (15 oz.) no-salt-added white kidney, navy or cannellini beans, drained
cans (5 oz. each) albacore or skipjack tuna, drained
cup cherry tomatoes, sliced in half

2 tbsp capers

 red onion, thinly sliced
tbsp extra-virgin olive oil
tbsp fresh lemon juice
cups mixed greens
cup fresh chopped basil or flat leaf parsley
Pinch each salt and pepper

In a large bowl, combine beans, tuna, tomatoes, capers and onion. Drizzle with oil and lemon juice, and toss to combine. Scatter mixed greens on a platter and add the tuna mixture on top. Garnish with herbs, salt and pepper, and serve.



Makes 4 servings. Per serving:

290 calories | 21g protein | 12g total fat | 2g saturated fat | 8g mono fat | 2g poly fat | 26g carbohydrate | 2g sugar | 8g fiber | 356mg sodium