

EASY recipe

Tuscan Tuna and Bean Salad

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| 1 can (15 oz.) no-salt-added white kidney, navy or cannellini beans, drained | 1 red onion, thinly sliced |
| 2 cans (5 oz. each) albacore or skipjack tuna, drained | 3 tbsp extra-virgin olive oil |
| 1 cup cherry tomatoes, sliced in half | 3 tbsp fresh lemon juice |
| 2 tbsp capers | 6 cups mixed greens |
| | ½ 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