



Tuscan-Style Tuna Salad

- 2 6-ounce cans tuna packed in water, drained
- 1 15oz can of cannelloni or great northern beans, drained and rinsed
- 10 Cherry tomatoes, halved
- 4 Scallions, trimmed and sliced
- 2 tbsp. Olive oil
- 2 tbsp. Lemon juice (bottled or fresh is fine)
- ¼ tsp. Salt (optional)
- Pepper to taste

Makes 4 servings, 1cup each

- Combine tuna, drained beans, tomatoes, scallions, oil, lemon juice, and seasonings in a medium bowl. Stir gently. Refrigerate until ready to serve.
- Serve with whole-wheat pita or as a filling for a wrap.

Recipe adapted from Eating Healthy in a Hurry by EatingWell

Nutritional Information:

Calories: 253	Total Fat: 8g
Saturated Fat 1g	Protein: 31g
Carbohydrate 20g	Fiber: 6g