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## Tuscan-Style Tuna Salad

### Ingredients:

2 6-oz cans chunk light tuna, drained  
1 15-oz can small white beans, such as cannellini or great northern, rinsed well  
10 cherry tomatoes, quartered  
4 scallions, trimmed and sliced  
2 Tbsp extra-virgin olive oil  
1 Tbsp lemon juice  
¼ tsp salt  
Freshly ground pepper, to taste

### Preparation:

1. Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt, and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

Make ahead tip: Cover and refrigerate for up to 2 days.

Makes 4 servings

### Per Serving (1 cup):

Calories: 253

Fat: 8 g

Protein: 31 g

Carbohydrates: 20 g

Cholesterol: 53 mg

Sodium: 453 mg

Source: [http://www.eatingwell.com/recipes/tuscan\\_style\\_tuna\\_salad.html](http://www.eatingwell.com/recipes/tuscan_style_tuna_salad.html)