

Tasty Tuna & Bean Salad

Nutritional information on back.



Fold or cut here to fit in recipe box.

Tasty Tuna & Bean Salad

2 Tbsp. extra virgin olive oil

3 cloves garlic, minced

¼ cup natural rice vinegar

Salt and ground black pepper, to taste

½ can (about 8 oz.) unsalted garbanzo beans

½ can (about 8 oz.) unsalted cannellini beans

1 dozen kalamata olives, pitted

½ medium red onion, sliced lengthwise into thin slivers

2 Tbsp. fresh mint, coarsely chopped

2 Tbsp. fresh Italian parsley, coarsely chopped

1 (12 oz.) can solid white albacore tuna in water, drained

¼ cup chopped red pepper (as garnish)



In small bowl whisk together oil, garlic, vinegar, salt and pepper. Set aside. In medium bowl gently toss beans, olives, onion, mint and parsley. Add tuna and sufficient dressing to coat. Gently toss and drizzle additional dressing, if needed, to thoroughly coat. Add chopped red pepper and mix well. Cover and place in refrigerator for a minimum of 30 minutes up to 24 hours before serving. Makes 4 servings.

Nutritional information per serving

Per serving: 310 calories, 13 g total fat (2 g saturated fat), 20 g carbohydrate, 26 g protein, 5 g dietary fiber, 330 mg sodium.