

Tuna Bean Salad

Serves 6

- 2 (15-ounce) cans cannellini beans, rinsed and drained
- 1 cup red onion, chopped
- 1 small yellow summer squash, chopped
- 1 small red bell pepper, chopped
- 1/3 cup olive oil
- 3 tablespoon red wine vinegar
- 1 tablespoon Dijon or other mustard
- black pepper to taste
- 1 (6-ounce) can tuna, packed in water, drained

1. In large bowl, combine beans, onion, squash, and bell pepper and mix.
2. In small bowl, combine oil, vinegar, salt, mustard, and pepper and whisk to blend. Add tuna and stir.
3. Pour over bean mixture, cover, and chill for 1-2 hours, stirring occasionally.
4. Transfer to lettuce lined serving platter, using a slotted spoon.

Nutritional Information: Calories 161, total fat 12g, saturated fat 2g, sodium 218mg, carbohydrate 5g, fiber 1g, protein 8g.

Healthy Tip

Beans add additional fiber and protein to this healthy meal. Pack in a lunch alone or on a bed of lettuce, or eat as a light summer meal on a hot day.

