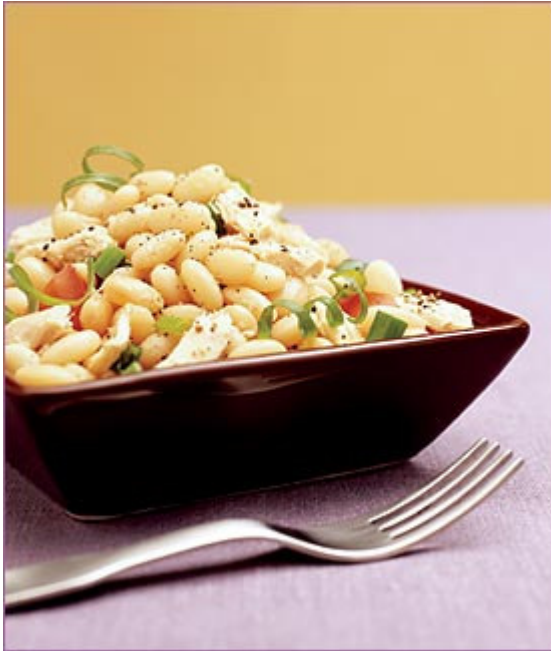


Tuscan-Styled Tuna Salad



INGREDIENTS:

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

INSTRUCTIONS:

Combine Tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate before serving.

NUTRITIONAL VALUE:

Calories: 410
Fat: 15 g
Protein: 33 g
Carbs: 37 g

Makes 4 servings