

White Bean, Tuna, and Tomato Salad

Serves: 4

- 1/3 cup chopped green onions
- 1 tsp. grated lemon rind
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. white wine vinegar
- 1 Tbsp. olive oil
- 2 cups halved cherry (or grape) tomatoes
- 1 can (15-16 oz) cannellini, or other white beans, rinsed and drained
- 1 can (6 oz) chunk light tuna, in water, drained and flaked
- 3 Tbsp. minced fresh basil
- 4 large leaves red leaf lettuce

Combine first 5 ingredients in a large bowl. Add tomatoes, beans, and tuna; toss gently to coat. Stir in basil; cover and chill until ready to serve. Serve on lettuce-lined plates.

Nutrition Facts per serving:

Calories 244
Fat 7g (1g saturated)
Protein 17g
Carbohydrate 32g
Fiber 7g
Cholesterol 12mg
Iron 5mg
Sodium 290mg
Calcium 148mg

Notes:

- One fresh lemon will be enough to provide the zest and juice for this recipe. First, zest your lemon. Second, squeeze the lemon to extract the juice. To help get the most from your lemon, roll it on the counter before juicing it.
- Fresh basil will provide more robust flavor, but dried basil works well too.

Recipe courtesy of: The Healing Power of Superfoods, Health Magazine book
1999