WHITE BEAN AND TUNA SALAD

INGREDIENTS:

- 1 cup red onion, chopped
- 1 lemon, zested and juiced
- 2 cans of tuna (5 ounces)
- 2 cans great northern beans, substitute with any canned white bean (15 ounces)
- 1/2 cup parsley, chopped
- Dash of Tabasco sauce or 1 teaspoon red chili flakes
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil (optional)

DIRECTIONS:

1. Sprinkle some lemon juice over chopped onions. Let onions sit while other ingredients are prepared.
2. Drain tuna and place in large bowl. Drain and rinse beans and add to tuna, gently stir to combine. Add onions, parsley, lemon zest, and remaining lemon juice and combine. If salad seems dry, add a bit of olive oil. Add salt and pepper to taste.
3. Chill before serving. This salad will last a few days in the fridge tightly covered.

Nutrition Facts

Serving Size 1 cup (331g)
Servings Per Container 4

Amount Per Serving

Calories 340	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 115mg	**5%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 14g	**56%**
Sugars 3g	
Protein 30g	

Vitamin A 15% • Vitamin C 20%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: simplyrecipes.com