



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Marinated White Bean and Tuna Salad**

Adapted from Cooking Light

- 1 tbsp capers, liquid drained
- 1 tbsp flat leaf parsley, finely chopped
- Juice from a lemon
- 2 tbsp olive oil
- 1 tbsp butter, melted
- ¼ tsp salt
- ¼ tsp black pepper
- 2 (~5 oz) cans of tuna
- 1 can (15 oz) white beans, liquid drained

### **Instructions:**

Combine the first 7 ingredients in a small bowl by mixing them together with a whisk or fork (this will be the dressing for the salad). Break up the canned tuna gently with your hands and place it in a medium bowl. Add the white beans and dressing to the tuna and toss gently with a spoon to fully combine.

### **Notes:**

-This is a great recipe to make ahead of time, as the flavors will continue to develop in the refrigerator.

**Yield:** 4 servings



### **NUTRITION INFORMATION PER SERVING:**

<b>CALORIES:</b> 250 calories	<b>PROTEIN:</b> 23 g	<b>SODIUM:</b> 645 mg
	<b>CARBOHYDRATE:</b> 17 g	<b>FIBER:</b> 5 g
	<b>FAT:</b> 11 g	<b>Sat Fat:</b> 3 g

### **MAKE IT A MEAL:**

**Entrée:** 1 serving white bean and tuna salad

**Starch:** 1 whole wheat pita (140 calories)

**Vegetable:** Butter lettuce leaves (5 calories for 1/8 head of lettuce)

**Vegetable (and dip):** 1 cup of red or green pepper slices (15 calories) with ¼ cup hummus (100 calories)

*You can serve the marinated salad nestled in some lettuce leaves or inside the pita with lettuce leaves.*

### **GROCERY SHOPPING LIST**

Flat leaf parsley

1 lemon

1 head of butter lettuce (romaine or red leaf lettuce can be substituted)

Red or green peppers (about 1 small pepper per person)

1 (15oz) can of white beans

2 cans (~5oz each) of tuna

Hummus

Bottle of capers

Butter

Whole wheat pita

*Condiments:* olive oil; salt; black pepper

### **USE OF LEFTOVERS**

- Toss leftover tuna and beans with pasta and serve as a cold pasta salad.