



MARINATED TUNA AND WHITE BEAN SALAD

Adapted from Cooking Light

Ingredients

- 1 tablespoon capers, liquid drained
- 1 tablespoon parsley, finely chopped
- Juice from a lemon
- 3 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 5-ounce cans tuna, liquid drained
- 1 15-ounce can white beans, liquid drained

Instructions

In a medium bowl, combine the first 6 ingredients 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 add it to the bowl. Mix in the white beans and toss gently with a spoon to fully combine.

Yield: 4 servings

NUTRITION FACTS PER SERVING

CALORIES: 250

PROTEIN: 23 grams

SODIUM: 650 milligrams

CARBOHYDRATE: 17 grams

FIBER: 5 grams

FAT: 11 grams

SATURATED FAT: 2 grams

