

WHITE BEAN AND TUNA SALAD



2 - 6 oz (170 g) cans tuna, drained
1 ¼ cup (300 ml) cooked **white beans*** or 1-14 fl oz (398 ml) can, drained and rinsed
1 red pepper, chopped (or ¾ cup chopped roasted red pepper)
2 tbsp (30 mL) capers
Zest of 1 lemon
2 tbsp (30 mL) lemon juice
1 tbsp (15 mL) canola oil
½ tsp (2 mL) salt
½ tsp (2 mL) black pepper

COMBINE tuna, beans, red pepper, capers and lemon zest in a large bowl.

WHISK together lemon juice, oil, salt and pepper in a small bowl.

POUR vinaigrette over the tuna and bean mixture and toss.

Makes: 4 servings

Nutritional Information (per serving): 201 calories; 5.6 g fat; 19 g protein; 19 g carbohydrate; 5 g fibre; 23 mg cholesterol; 349 mg sodium.



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