

 **Prep:** 10 minutes
 **Cook:** 0 minutes
 **Servings:** 4

Tuna and Cannellini Bean Salad

INGREDIENTS

1 can (7 oz) premium canned tuna, *drained*

3/4 cup red onion, *thinly sliced crosswise*

1 can (~15 oz) Cannellini Beans, any variety, *drained and rinsed*

Salt and freshly ground pepper, to taste

5 Tbsp extra-virgin olive oil

1 Tbsp red wine vinegar

DIRECTIONS

1. Pour tuna into bowl and break up with fork. Stir in onion and beans.
2. Season to taste with salt and pepper. Toss thoroughly with olive oil and vinegar.
3. Serve at room temperature.

Nutrition Information (per serving)

Calories 390

Total Fat 18g

Saturated Fat 2.6g

Carbohydrate 44.5g

Fiber 18g

Sugars 2.5g

Protein 16.5g

Calcium 104mg (8%)

Iron 6mg (32%)

Potassium 1004mg

(21%)

