



## Tuscan Tuna & White Bean Salad

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Juicy fresh tomatoes replace some of the usual olive oil in this traditional tuna and white bean salad.

### Ingredients:

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 cloves garlic, finely chopped
- 2 teaspoons dried rosemary, crushed
- 1 15-ounce can white beans (cannellini or Great Northern), rinsed
- 2 plum tomatoes, chopped
- 1/3 cup chopped fresh parsley, preferably Italian flat-leaf
- 1 12-ounce can (or two 6-ounce cans) chunk light tuna in water, drained and flaked (see Note)

### Directions:

- Whisk together oil, lemon juice, garlic and rosemary in a bowl. Add beans, tomatoes and parsley and toss together. Gently stir in tuna.

**Yield:** 6 servings

**Note:** Chunk light tuna, which comes from the smaller skipjack or yellow fin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

**Nutritional Information:** 178 Calories; 8 g Fat; 1 g Sat; 6 g Mono; 17 mg Cholesterol; 12 g Carbohydrates; 18 g Protein; 4 g Fiber; 338 mg Sodium; 394 mg Potassium

Recipe Source: EatingWell: May/June 1995

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.