



## Tuscan-Style Tuna Salad

---

This recipe could easily be turned into a sandwich wrap or Pita sandwich.

### Ingredients:

- 2 6-ounce cans chunk light tuna, drained
- 1 15-ounce can small white beans, such as cannellini or great northern, rinsed (see Ingredient note)
- 10 cherry tomatoes, quartered
- 4 scallions, trimmed and sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste

### Directions:

- Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve. Cover and refrigerate for up to 2 days.
- Ingredient Note: When you use canned beans in a recipe, be sure to rinse them first in a colander under cold running water, as their canning liquid often contains a fair amount of sodium.

**Yield:** 4 1-cup servings

**Nutritional Information:** Per serving: 253 calories; 8 g fat (1 g sat, 5 g mono); 53 mg cholesterol; 20 g carbohydrate; 31 g protein; 6 g fiber; 453 mg sodium; 451 mg potassium.

Recipe Source: EatingWell.com (as reprinted on WebMD)

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.