

## Bean and Tuna Salad (Makes 4 servings)

From 'Just Say Yes to Fruits and Veggies'



### **Ingredients:**

2 cups cooked great northern beans	2 Tablespoons vegetable oil
1 onion, chopped	1 Tablespoon lemon juice
2 tomatoes, chopped	1 garlic clove, minced
1 can (6.5 oz) tuna packed in water, drained	Salt and pepper to taste

### **Directions:**

1. In a large bowl, mix beans, onion, tomatoes, and tuna.
2. To make the dressing: combine oil, lemon juice, garlic, salt, and pepper in a small bowl.
3. Pour dressing over the salad and serve cold. Refrigerate any leftovers.

**Nutrient content per serving (may vary depending on products used):**  
**Calories: 240; Total fat: 8 g; Saturated fat: 1 g; Sodium: 210 mg; Total Carbohydrate: 23 g; Fiber: 7 g; Protein: 19 g**



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