

Tuna and White Bean Salad



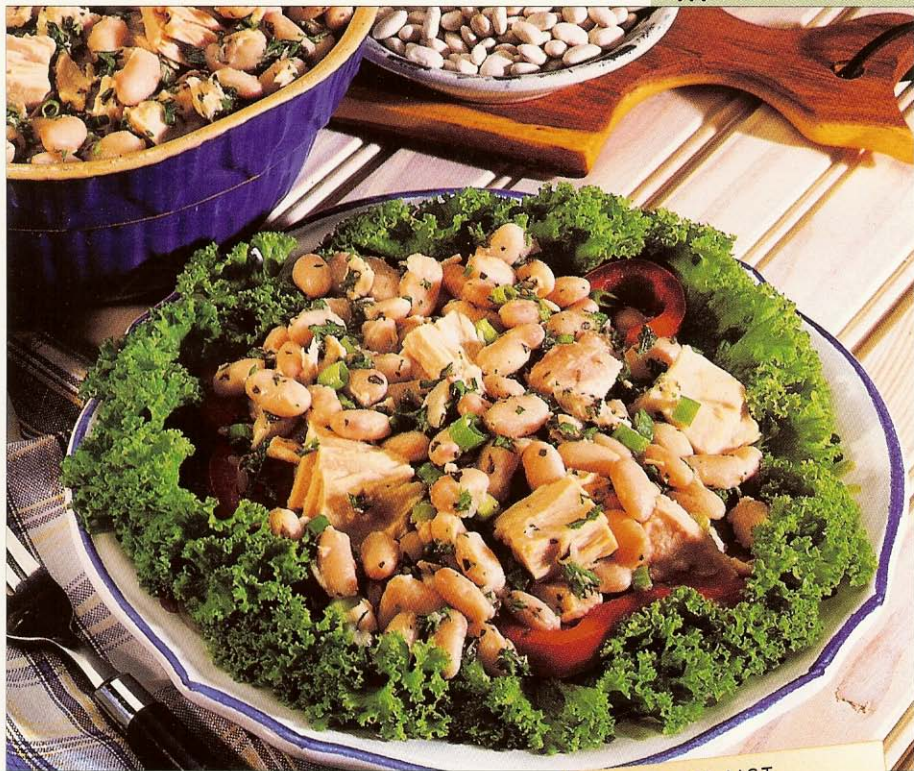
PREPARATION TIME
15 minutes



COOKING TIME
none



PERFECT PARTNER
toasted pitas



Chunk light tuna or chunk white tuna will be just as tasty in this bold Tuscan salad. You will save up to 35 percent on the price of solid white tuna that is called for in this recipe.

SHOPPING LIST

- Great Northern beans • tuna
- fresh parsley • green onions
- lemon

ON HAND

- dried basil • red-wine vinegar
- oil • salt • pepper

Tuna and White Bean Salad

INGREDIENTS

- 2 (16-ounce) cans Great Northern or navy beans
- 1 (6½-ounce) can solid white tuna
- 1 cup chopped fresh parsley
- 1 tablespoon dried basil
- ½ cup chopped green onions
- 4 tablespoons fresh lemon juice
- 2 tablespoons red-wine vinegar
- ⅓ cup vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

SERVES **4**

COOKIN'
Express

• To minimize the cleanup process, prepare the salad dressing right in the serving bowl.

Make Ahead

You can prepare this super-quick salad up to 24 hours ahead. Refrigerate until ready to serve.

VARIATION

For a more dramatic look, add ½ cup cooked black beans in step 1.

- 1** Drain beans; rinse, then drain again. Place beans in a large serving bowl.



- 2** Drain tuna. Add to serving bowl, breaking up chunks with a fork. Add parsley, basil and green onions; mix well.

- 3** Combine lemon juice, vinegar, oil, salt and pepper in a glass jar with a tight-fitting lid. Shake vigorously until well mixed.



- 4** Pour dressing over salad; stir gently.