

CORNERSTONE FAMILY HEALTHCARE WIC Program

TUSCAN TUNA, WHITE BEAN AND AVOCADO SALAD

SERVINGS: 4 SERVING SIZE: 1 CUP TUNA MIXTURE, 1/4 AVOCADO

PREPPING TIME: 15 MIN TOTAL TIME: 15 MIN

INGREDIENTS

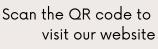
- 2 cans light tuna in water, drained
- 1/2 cup red onion, diced
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 Tbsp. red wine vinegar
- $\frac{1}{2}$ tsp. dried Italian seasoning
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 (15oz.) can cannellini beans, rinsed and drained
- 1/2 cup tomato, diced
- 4 cups spring mix salad greens
- 1 large avocado, pitted and sliced

DIRECTIONS

- 1. In a large bowl, flake tuna with fork.
- 2.Add onions, Italian seasoning, oil, lemon juice, vinegar, salt, and pepper to tuna and mix well.
- 3. Fold in beans and tomato.
- 4.Place salad greens on a serving platter.
- 5. Spoon tuna mixture over greens.
- 6.Garnish with sliced avocado.

NOTES:

Serve with whole grain toasted bread, if desired. Recipe adapted from Shoprite Meals Made Well





WIC Recipe Series

This institution is an equal opportunity provider.

