



## TUSCAN TUNA, WHITE BEAN AND AVOCADO SALAD

SERVINGS: 4

PREPPING TIME: 15 MIN

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

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
- 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

