



## HIGH FIBER TUNA SALAD

### INGREDIENTS

1 (15-oz.) can great northern beans  
2 (2-oz.) cans light tuna (no salt added)  
1/2 tbsp. fresh lime juice  
2 tbsp. extra virgin olive oil  
1 tbsp. fresh parsley, chopped  
1 1/2 tbsp. chopped shallots  
10 cherry tomatoes, quartered  
Sea salt and pepper to taste

### DIRECTIONS

Mix all ingredients in a medium bowl and toss well.  
Refrigerate approximately 3 hours before serving.

### BRENDA'S TIP

This salad is perfect served over a bed of fresh green leaf lettuce.



**CALORIES:** 290 • **PROTEIN:** 29 grams • **FIBER:** 6 grams  
**SERVING SIZE:** 1/4 recipe • **SERVES:** 4