



White Bean and Tuna or Salmon Salad

Serve this anti-inflammatory salad over sliced tomatoes for a delicious lunch.

1 16oz can of white beans – navy or cannellini, drained

1/2 small purple onion, finely diced

Salt and pepper to taste

1 can water-packed tuna or wild salmon, drained

1/4 cup chopped flat-leaf parsley

Dressing:

1 Tbsp. fresh lemon juice

1 clove minced garlic

1 Tbsp. sherry or red wine vinegar

1 tsp. Dijon mustard

2 Tbs. extra virgin olive oil

Instructions:

In a large bowl, combine drained beans, tuna or salmon, parsley, and onions.

In a small bowl or measuring cup, whisk together the lemon juice, vinegar, mustard, garlic and salt and pepper to taste. Whisk in olive oil. Toss with the tuna/salmon and beans, and serve over a bed of greens and sliced tomatoes.

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