

Tuscan-Style Tuna Salad

using

Slow Cooker White Beans

This streamlined version of a northern Italian idea is perfect for a summer evening or as a quick, filling lunch: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

Ingredients

- Two 6-ounce cans chunk light tuna, drained (see Note)
- 10 cherry tomatoes, quartered
- 4 scallions, trimmed and sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 4 cups refrigerated Slow Cooker White Beans
- 8 cups mixed salad greens
- Freshly ground pepper, to taste

Directions

- Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve
- Serve over 2 cups mixed salad greens
- *Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe*

<p>Nutrition Facts</p> <p>4 servings per container</p> <p>Serving size</p> <p>Calories per serving 490</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>		
	Total Fat 12g	15%	Sodium 1450mg	63%			
	Saturated Fat 2g	10%	Total Carbohydrate 50g	18%			
	Trans Fat 0g		Dietary Fiber 13g	46%			
	Polyunsaturated Fat 2g		Total Sugars 2g				
	Monounsaturated Fat 7g		Includes 0g Added Sugars	0%			
	Cholesterol 60mg	20%	Protein 18g	36%			
	Vitamin D 2mcg	10%	• Calcium 0mg	0%		• Iron 0mg	0%
	Potassium 1500mg	30%	• Folate	50%			