

Tuna and White Bean Salad w/ Sun-Dried Tomatoes

Nutritional Highlights

- Fish and beans are favorite protein sources in the Mediterranean diet, and beans provide the healthy bonus of fiber to keep you full and promote gut health.
- This salad gets better with time as the flavors continue to blend together.
- Servings: 4 - 6

Ingredients

- 1/2 cup julienned sun-dried tomatoes, in oil
- 1 (15.5 oz) can cannellini beans, rinsed, drained
- 2 (5 oz) cans solid white tuna packed in water, drained
- Sea salt & freshly ground black pepper, to taste
- Favorite mixed greens
- Feta cheese, crumbled, to garnish

Vinaigrette:

- 1 1/2 Tbsp extra virgin olive oil
- Juice of 1/2 a lemon
- 1/2 Tbsp red wine vinegar
- 1/2 tsp dijon
- 1 Tbsp chopped fresh flat-leaf parsley
- 1/2 tsp chopped fresh rosemary

Directions

- In a small bowl, whisk together the vinaigrette ingredients. Add the dried tomatoes and let marinate to soften (10 minutes).
- Place the beans and tuna in a medium bowl. Add the vinaigrette and tomatoes, season with salt & pepper, and toss gently to mix.
- Top with crumbled feta and serve over your favorite mixed greens.