

# TUNA/WHITE BEAN SALAD

325 Calories per Serving | Makes 4-5 Servings

## INGREDIENTS

- 1 clove garlic finely chopped
- 2 Tbsp Grapeseed Oil
- 3 Tbsp fresh lemon juice
- Himalayan Pink Sea salt
- Ground Black Pepper
- 2 cans solid white tuna, drained
- 1 can white (cannellini) beans, drained & rinsed
- 1 medium red onion chopped
- 1 medium cucumber chopped
- 2 medium tomatoes chopped
- ½ cup artichoke hearts, packed in water drained, chopped
- 1 small avocado
- ½ cup fresh parsley stems removed and discarded, chopped

## DIRECTIONS

1. Combine garlic, oil, and lemon juice in a small bowl. Season with salt and pepper. Stir to blend. Set aside.
2. Combine tuna, beans, onion, cucumber, tomatoes, artichoke hearts, avocado, and parsley in a large bowl; mix well.
3. Drizzle tuna mixture with dressing; toss gently to blend.
4. Serve atop a bed of spinach or kale, in a tortilla, or on whole wheat toast. Enjoy!

## SHOPPING LIST

- 1 Bunch Garlic
- Grapeseed Oil
- 1 Lemon
- Himalayan Pink Sea Salt
- Ground Black Pepper
- 2 (6 oz.) cans Solid White Tuna {packed in water}
- 1 (15 oz.) can White Cannellini Beans
- 1 Medium Red Onion
- 1 Medium Cucumber
- 2 Roma Tomatoes
- 1 (15 oz.) can Artichoke Hearts {packed in water}
- 1 Small Avocado
- 1 Bunch Fresh Parsley