

Mediterranean Tuna Salad

Total: 15 mins

Servings: 6

Cost per serving: 0.52\$



Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne.

Ingredients

1 15- to 19-ounce (no salt added) can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed

2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked.

1 large red bell pepper, finely diced

½ cup finely chopped green onion

½ cup chopped canned artichoke

1 ½ teaspoons salt

¼ cup lemon juice

2 tablespoons extra-virgin olive oil

Freshly ground pepper, to taste

8 cups coleslaw salad

Directions

Combine coleslaw, beans, tuna, bell pepper, green onion, artichoke, tuna. Combine ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper and salt.

Tips

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.

Nutrition Facts

Per Serving: 306 calories; protein 14.8g; carbohydrates 28.5g; dietary fiber 7.5g; sugars 4.1g; fat 15.9g; saturated fat 2.2g; cholesterol 14.8mg; vitamin a iu 4960.9IU; vitamin c 96.5mg; folate 223.4mcg; calcium 114.8mg; iron 4mg; magnesium 72.8mg; potassium 751.9mg; sodium 467.2mg; thiamin 0.2mg.

