

# MEDITERRANEAN TUNA SALAD

*Serves 4-5*

## INGREDIENTS

- 2 cans wild tuna (or salmon or sardines)
- 1 can cannellini beans
- 10 green olives, sliced
- ¼ cup sun-dried tomatoes, chopped
- 1 roasted red bell pepper from a jar, chopped
- ¼ cucumber, diced
- 2-3 Tbls. diced red onion
- 2 Tbls. capers
- 2 Tbls. chopped basil
- 2 Tbls. olive oil
- Juice of ½ lemon
- Salt & pepper to taste
- Serving ideas: on top of greens, in a lettuce wrap, alongside veggies & high fiber crackers, in a wrap or sandwich



## INSTRUCTIONS

1. Drain canned fish and canned beans.
2. Mix all ingredients together well in a large bowl.
3. Serve as desired.

## NOTES

- Any canned fish or beans work for this recipe.
- If you want it creamier, add ¼ cup of hummus or plain yogurt.