

Common Sense COOKING

Tuna and Bean Salad

2 Tablespoons	Extra virgin olive oil –used to make a salad dressing Vinegar
3 oz	Tuna, canned in water, drained
½ cup	Beans, black or cannellini, drained and rinsed
1 cup	Chopped vegetables –celery, red onion, pepper
2 cup	Salad greens

1. mix together the drained tuna, beans and vegetables.
2. mix in the salad dressing
3. serve over the salad greens

Calories - 495