HEART-HEALTHY RECIPE



REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES 4 SERVINGS ◎ Ů ◎ Ů ◎ Ů ◎ Ů ◎ Ů

INGREDIENTS

- 2 6-ounce cans tuna, drained
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 12-ounce jar roasted red peppers, drained and roughly chopped
- 2 tablespoons capers
- zest of 1 lemon, grated
- tomato, roughly chopped (optional)
- tablespoons fresh lemon juice
- tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- toasted bread, such as pita, for serving

Tuna and White Bean Salad

In a large bowl, combine the tuna, beans, red peppers, capers, lemon zest, and tomato (if using). In a separate bowl, whisk together the lemon juice, oil, salt, and black pepper. Pour the vinaigrette over the tuna mixture and toss. Serve with the bread.

© 2006 Time Inc. All Rights Reserved.

MEMO	
. *************************************	