

Tuna and Bean Salad

This easy, light meal salad offers both protein and omega-3 fatty acids. It's delicious, healthy and low in fat. Enjoy!!!

Ingredients:

- 1 small red onion, peeled and very thinly sliced
- 1 tablespoon plus 1 teaspoon red wine vinegar or sherry vinegar
- 1 (6 1/2-ounce) can water-packed tuna, drained
- 1 (15-ounce) can cannellini beans or borlotti beans, drained through a strainer and rinsed
- 3 fresh sage leaves, slivered
- 2 tablespoons finely chopped flat-leaf parsley
- Salt and freshly ground pepper
- 1 small or medium garlic clove, finely minced
- 1/2 teaspoon Dijon mustard
- 3 tablespoons extra virgin olive oil
- 1 tablespoon plain low-fat or nonfat yogurt (or omit and use 4 tablespoons olive oil)
- 1/2 Japanese cucumber, cut in half lengthwise and sliced, for garnish

Recipe:

- 1.** Place the onion in a bowl and add 1 teaspoon of the vinegar and cold water to cover. Let sit for 5 minutes. Drain and rinse with cold water, then dry on paper towels.
- 2.** In a medium bowl or salad bowl, combine the tuna, beans, onions, sage, and parsley.
- 3.** In a small bowl or measuring cup, mix together the remaining vinegar, salt to taste, freshly ground pepper, garlic, and Dijon mustard. Whisk in the olive oil and the yogurt. Toss with the tuna and beans and serve, garnishing each plate with cucumber slices.

Yield: Serves two as a main dish, four as a starter

Advance preparation: This salad will keep for a couple of days in the refrigerator.