

Crisp Italian Tuna Salad

Nutritional Highlights

- Tuna is a great lean protein option that is also a good source of anti-inflammatory omega-3 fatty acids.
- Cannellini beans provide protein and fiber, as well as a wealth of B vitamins.
- Servings: 4

Ingredients

Creamy Lemon Dressing

- 2 Tbsp lemon juice
- 1 Tbsp capers, drained
- 1 tsp Dijon mustard
- 1/4 cup extra virgin olive oil
- 1 (15 oz) can cannellini beans, rinsed and drained

Salad

- 1 (5 oz) can chunk light tuna in water, drained
- 2 cups baby arugula
- 2 small radicchio, cut into 2" pieces
- 1 Belgian endive, cut into 2" pieces
- 1 small bulb fennel, shaved on a mandolin or thinly sliced
- 1/2 cup fresh Italian parsley leaves, roughly chopped
- 1/2 pint cherry tomatoes, thinly sliced
- Toasted pine nuts, for garnish

Directions

- Add dressing ingredients to a blender and pulse just until combined, leaving some of the beans intact.
- In a large bowl, pour dressing over tuna and toss lightly to coat. Add remaining salad ingredients and toss salad together until everything is coated evenly.
- Transfer to a serving dish and garnish with toasted pine nuts.