

## Mediterranean Tuna Salad

**Serves: 4**

### **Dressing:**

2 Tbsp. sweet pickles, chopped  
2 Tbsp. olive oil  
1 Tbsp. lemon juice  
1 tsp. fine herbs blend or 1 tsp. each  
dried marjoram and thyme  
¼ cup chopped fresh parsley leaves

### **Salad:**

1 ½ cups green beans, washed,  
ends trimmed, and sliced in half  
1 can (6 oz.) tuna, in water, drained  
¼ cup minced red onion  
1 cup grape or cherry tomatoes,  
washed  
1 can (15 oz.) white beans, rinsed,  
and drained  
Lemon slices for garnish

**Dressing:** In a small bowl, mix sweet pickles, olive oil, lemon juice, herbs, and parsley. Let mixture stand at room temperature.

**Salad:** Place green beans on microwave-safe plate with 1 Tbsp. of water. Cover plate with a damp paper towel. Microwave for 2 minutes. Drain and let cool.

In a small bowl, lightly toss tuna with onion, allow it to remain chunky. On a large plate, arrange tuna tomatoes, white beans, and green beans. Garnish with lemon slices. Chill for 15 minutes before serving. Pour the dressing over the salad and serve.

Per serving: 219 calories, 9 g total fat (1 g saturated fat), 20 g carbohydrates, 16 g protein, 6 g dietary fiber, 370 mg sodium.