

## Navy Bean and Tuna Salad

Serves: 6

### Ingredients

1 (16-ounce) can navy beans, drained, and rinsed  
1 (6 ½-ounce) can solid white tuna packed in water, rinsed  
1 medium onion, finely chopped

1 Tbsp. parsley, chopped  
½ tsp. oregano  
2 Tbsp. lemon juice  
½ tsp. black pepper

Flake tuna with fork.

Add remaining ingredients.

Gently toss, blending well.

Per serving: 119 calories, 19 g carbohydrates, 1 g fat, 4 mg cholesterol, 10 g protein, 4.7 g fiber, 230 mg sodium.