



Tuscan Tuna, White Bean and Avocado Salad

Prep: 25 minutes • Serves: 4

- 1 can (12 ounces) solid white albacore tuna in water, drained
- ½ cup diced red onion
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon chopped fresh chives
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon red wine vinegar
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup rinsed and drained cannellini beans
- ½ cup diced tomato
- 4 cups spring mix salad greens
- 2 medium avocados
- 8 ¼-inch-thick slices French baguette brushed with 2 teaspoons olive oil and toasted

1. In medium bowl, flake tuna with fork. Stir in onion, basil, chives, oil, lemon juice, vinegar, salt and pepper. Fold in beans and tomato.

2. Divide greens over 4 individual plates. Cut avocados in half; remove pits and remove avocado flesh from skin using a large spoon. Place 1 avocado half over greens on each plate.

3. Spoon tuna mixture into avocado halves on each plate and serve with baguette toasts.

Approximate nutritional values per serving: 409 Calories, 23g Fat (51% of total calories), 3g Saturated Fat (7% of total calories), 30mg Cholesterol, 678mg Sodium, 29g Carbohydrates, 8g Fiber, 26g Protein

*Dietary Exchanges:
2 Starch; 4 Protein; 5 Fat*

Avocados are an excellent source of mono and polyunsaturated fats that may help lower LDL cholesterol. Plus they contain over 20 vitamins.