



Fennel & White Bean Tuna Salad

Serves 2 to 4, or enough for 4 sandwiches

Crunch comes from fennel and red onions in this Italian-inspired tuna salad. Serve it on toasted country bread or over a pile of lightly-dressed arugula.

2 (5-ounce) cans oil-packed white tuna

1/3 cup small-diced fennel

1/3 cup small-diced red onion

3 tablespoons minced parsley

1/2 cup canned navy beans or small cannellini beans, rinsed and drained

1/3 cup mayonnaise

1 tablespoon red wine vinegar, + more to taste

Kosher salt and ground black pepper, to taste

Instructions: Drain the tuna, and flake lightly with a fork in a bowl. Add the fennel, onion, parsley and navy beans and gently mix. Fold in the mayonnaise and red wine vinegar until well combined, then season to taste with salt and pepper. Add more vinegar if desired. Refrigerate until ready to serve.

Per serving: 309 calories, 22 g protein, 9 g carbohydrate, 21 g fat (3 g saturated), 31 mg cholesterol, 539 mg sodium, 2 g fiber.

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