

# TUNA ANTIPASTO SALAD

## INGREDIENTS

- 1 can** Chickpeas **OR** Black-eyed peas **OR** Kidney beans (15 - 19 oz) (rinsed)
- 2 cans** Tuna (5-6 oz cans) (water-packed chunk light tuna) (drained) (flaked)
- 1** Bell pepper (large) (red) (cored) (seeded) (finely diced)
- 1/2 C** Onion (red) (finely chopped)
- 1/2 C** Parsley (fresh) (chopped) (divided)
- 4 t** Capers (rinsed)
- 1 1/2 t** Rosemary (fresh) (finely chopped)
- 1/2 C** Lemon juice (divided)
- 4 T** Olive oil (extra-virgin) (divided)
- Black pepper (to taste)
- 1/4 t** Salt
- 8 C** Mixed salad greens
- Pinch** Red pepper (crushed) **OR** cayenne (optional)



## DIRECTIONS

- 1** Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 C lemon juice & 2 T oil in a medium bowl
- 2** Season with pepper
- 3** Combine the remaining 1/4 C lemon juice, 2 T oil & salt in a large bowl
- 4** Add salad greens & toss to coat
- 5** Divide the greens among 4 plates
- 6** Top each with the tuna salad

## NOTES

Serves 4

## TUNA INFORMATION

- 1** Chunk light tuna, which comes from the smaller skipjack or yellowfin & has less mercury than canned white albacore tuna
- 2** FDA/EPA advice recommends no more than 6 oz of albacore a week
- 3** Up to 12 oz canned light tuna is considered safe

