



Mediterranean Tuna Antipasto Salad

Ingredients

1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see Note)
large red bell pepper, finely diced
½ cup finely chopped red onion
½ cup chopped fresh parsley, divided
4 teaspoons capers, rinsed
1½ teaspoons finely chopped fresh rosemary
½ cup lemon juice, divided
4 tablespoons extra-virgin olive oil, divided
Freshly ground pepper, to taste
¼ teaspoon salt
8 cups mixed salad greens

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.