

Nutritious Nosh

A healthy recipe to help everyone stick to their New Year's resolutions to eat right.

3 Bean Salad with Tuna: A delicious, creative choice for a light lunch.

Ingredients:

15 oz. can dark red kidney beans, drained
15 oz. can garbonzo beans, drained
15oz. can cut green beans, drained
2 stalks celery, chopped in ¼ inch pieces
½ red onion thinly sliced
6.5oz. can tuna in water, drained and flaked
4 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
Juice of 1 orange
3 tablespoons freshly parsley, chopped

Preparation:

In large bowl combine beans and all ingredients, except tuna. When thoroughly mixed, gently incorporate the tuna. Cover tightly and store in refrigerator.

***Can be served over spinach and mixed greens for a main dish, offered with crackers for a snack, or served as a side dish.

Nutritional Profile:

Calories 259; total fat 4 grams; saturated fat .7gram; % calories from fat 15%;
cholesterol 4 mg; carbohydrate 40 grams; protein 16 grams; fiber 5 grams.