**Tuna and White Bean Salad**

Yield: 4 servings
- 2 cups cooked white beans (cannellini, chickpea, great northern or navy beans)
- 1 chopped onion
- 2 chopped tomatoes
- 1 can (6.5 ounces) tuna, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a fresh lemon if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper. Mix well. Pour the dressing over the salad and serve cold.

Adapted from Just Say Yes to Fruits & Vegetables