

Tuscan-Style Tuna Salad

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

2 6 oz. cans chunk light tuna, drained

1 15-ounce can small white beans, such as cannellini or great northern, rinsed

10 cherry tomatoes, quartered

4 scallions, trimmed and sliced

2 tablespoons extra-virgin olive oil

2 tablespoons lemon juice

1/4 teaspoon salt

Freshly ground pepper, to taste



Preparation: Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

4 servings, 1 cup each @ 5 points, 7 points plus