

Tuna, Brown Rice and White Bean Salad

Following a cancer protective diet just got easier and tastier thanks to this colorful tuna salad. It's made with several superstars from the produce aisle including cucumber, bell pepper, onion, parsley and olives as well as whole-grain brown rice, convenient canned tuna (eating seafood twice a week is a good-for-you health goal!) and a zesty salad dressing made with lemon juice and olive oil. Assemble this salad today and enjoy leftovers all week long.

Makes 6 servings (262g)

Per serving: 340 calories, 18 g total fat (2.5 g saturated fat, 0 g trans fat), 25 mg cholesterol, 26 g carbohydrates, 18 g protein, 5 g dietary fiber, 260 mg sodium, 3 g sugar, 1 g added sugar.

INGREDIENTS

Dressing

1/3 cup extra virgin olive oil
Zest of 1 lemon, divided
2 Tbsp. lemon juice (juice of half a lemon)
2 tsp. Dijon mustard
1 tsp. white vinegar (or vinegar of choice)
1 tsp. honey or maple syrup
1 large garlic clove, minced
Kosher salt and black pepper, to taste

Salad

Two 5-ounce cans albacore tuna, packed in water, drained and flaked
3 green onions, trimmed and thinly sliced
1 1/2 cups fresh parsley, roughly chopped
1 1/2 cups cooked brown rice,* cooled
1 large red bell pepper, cut into 1/2-inch dice
One 15-ounce can Great Northern or cannellini beans, drained and rinsed
1/2 English cucumber, cut into 1/2-inch dice
1/2 cups pitted Kalamata olives, sliced into thirds

DIRECTIONS

1. Kosher salt and black pepper, to taste
2. To make dressing, place oil, half the lemon zest, lemon juice, mustard, vinegar, honey, garlic and salt and pepper, to taste, in small Mason jar or container with tight-fitting lid. Secure lid and shake until ingredients are well combined. Taste and adjust seasoning with additional salt and pepper, to taste.
3. Pour dressing over salad and stir to combine. Season with remaining lemon zest, as desired.

NOTES

- *You may use a microwavable or frozen brown rice packet.
- *For additional flavor, add more herbs, such as 1/2 to 1 cup fresh mint and/or basil.
- *May serve over arugula or other greens or scoop over avocado halves.
- *Salad stays good in fridge for up to 5 days.

