
Roasted Red Pepper, Tuna and Bean Salad

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Palm Beach Post

Servings: 4

7 ounces solid white tuna, packed in water, drained

1 3/4 cups (1 15.5 oz can) cooked, no-salt-added Great Northern beans, drained

2 ounces (1/2 cup) sweet onion (such as Vidalia), cut into 1/4-inch dice

1 medium rib celery, cut into 1/4-inch dice

1/2 (1/3 cup) roasted red bell pepper, cut into 1/4-inch dice

juice of 2 lemons

2 tablespoons olive oil (or more to taste)

3 tablespoons sherry vinegar (or more to taste)

salt

freshly ground black pepper

Flake the tuna into medium-size pieces.

Combine the tuna, beans, onion, celery, roasted red pepper, lemon juice, oil, vinegar, salt and pepper to taste in a large bowl. Stir to combine.

Taste. Adjust the seasoning and/or oil, as needed.

Yield: 4 generous cups

Per Serving (excluding unknown items): 2 Calories; trace Fat (6.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Vegetable.