
Julian`s Festive Tuna Salad

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Servings: 10

Start to Finish Time: 15 minutes

4 cans (5 ounce ea) tuna packed in olive oil, drained

1 can (15 ounce) black beans, rinsed and drained

1 cup orange bell pepper, chopped

1 cup red bell pepper, chopped

1/2 cup red onion, chopped

1 can (4 ounce) diced green chilies

3/4 cup mayonnaise

1/4 cup chopped fresh cilantro

1 tablespoon spicy salsa verde (optional)

2 teaspoons cumin

1/2 teaspoon salt

1/2 teaspoon black pepper

black pepper (for garnish)

In a large bowl, stir together all of the ingredients.

Chill, covered, for up to five days.

Serve on lettuce with tortilla chips and slices of lime (or on dinner rolls for something other-than-turkey sandwiches).

Garnish with additional black pepper.

Salads

Per Serving (excluding unknown items): 193 Calories; 14g Fat (63.5% calories from fat); 5g Protein; 14g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 203mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.