



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TUNA & BEAN SALAD

Time: 15 minutes

Serves: 4

Ingredients:

4 cups arugula
2 6-ounce cans water-packed tuna – drained
1 19-ounce can white kidney beans – rinsed and drained
½ red onion – very thinly sliced
2 tablespoons capers – drained
4 teaspoons extra-virgin olive oil
1 teaspoon wine vinegar
1 teaspoon fresh lemon juice
½ teaspoon crushed red chili pepper
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

Preparation:

Place all ingredients in a suitably sized bowl and toss gently to evenly combine and coat. Serve immediately.

Nutritional Information Per Serving:

Calories: 210
Fat: 6g
Carbs: 19g
Fibre: 6g
Protein: 21g