



## Tuscan Tuna, White Bean and Avocado Salad

**Prep: 25 minutes • Serves: 4**

- 1 can (12 ounces) solid white albacore tuna in water, drained
- ½ cup diced red onion
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon chopped fresh chives
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon red wine vinegar
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup rinsed and drained cannellini beans
- ½ cup diced tomato
- 4 cups spring mix salad greens
- 2 medium avocados
- 8 ¼-inch-thick slices French baguette brushed with 2 teaspoons olive oil and toasted

**1.** In medium bowl, flake tuna with fork. Stir in onion, basil, chives, oil, lemon juice, vinegar, salt and pepper. Fold in beans and tomato.

**2.** Divide greens over 4 individual plates. Cut avocados in half; remove pits and remove avocado flesh from skin using a large spoon. Place 1 avocado half over greens on each plate.

**3.** Spoon tuna mixture into avocado halves on each plate and serve with baguette toasts.

*Approximate nutritional values per serving:*

*409 Calories, 23g Fat (3g Saturated), 30mg Cholesterol, 678mg Sodium, 29g Carbohydrates, 8g Fiber, 26g Protein*