

# Tuna Veggie Antipasto



## Ingredients:

- 2 cups chopped raw carrots (or any of your favorite raw veggies)
- 2½ cups chopped raw celery (or any of your favorite raw veggies)
- 6–8 ounces light tuna in water, drained and flaked
- 1 15-ounce can white beans (or your favorite beans)
- 2 tablespoons grated Parmesan cheese
- ¼ cup vinegar (or juice of 2 lemons)
- 1 tablespoon vegetable oil
- ½ teaspoon dried dill (or 1 tablespoon fresh dill)
- 1 teaspoon chopped garlic

## Preparation:

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic, and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.

4. Combine vegetables, beans, and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

## Tips for Variation:

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leaf lettuce.
- Add cooked rice or pasta.
- Try balsamic vinegar or ½ cup of your favorite salad dressing.

## Yields 6 (1 cup) servings

## Nutritional Information Per Serving:

180 calories, 15 g protein, 21 g carbohydrate (5 g fiber), 3.5 g fat, 10 mg cholesterol, 115 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community. Learn more at [www.upmchealthplan.com/dscommunity](http://www.upmchealthplan.com/dscommunity).

