

Tuna Spinach Salad

6 cups baby spinach
1 cup canned white beans, rinsed and drained
4 ounces sliced mushrooms
1 15-ounce can artichoke hearts, drained and halved
2 7-ounce packs chunk white tuna
1 tbsp extra virgin olive oil
2 tbsp white wine vinegar
1 tbsp lemon juice
1 tbsp water

Wash and dry baby spinach leaves. Place in a large bowl with tomatoes, white beans, mushrooms, artichoke hearts and tuna. Whisk oil, vinegar, lemon juice and water, or place in a small screw-top jar and shake vigorously. Drizzle over salad and toss well. Makes 5 servings.

Nutrition information per serving: 203 calories, 23 grams protein, 3 grams fat, 20 grams carbohydrate, 575 mg sodium.