GREAT NORTHERN TUNA SALAD STUFFER

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 1/6

Nutrition (per serving)

Calories: 185	Total Carbohydrate: 21 g
Total Fat: 2 g	Dietary Fiber: 8 g
Saturated Fat: 0.5 g	Protein: 21 g
Sodium: 535 mg	

Ingredients

1 (12oz) can water packed tuna, drained

1 jar (24oz) Great Northern beans, rinsed and drained

1/2 tsp dill
1/4 cup light thousand island dressing

1 green onion, chopped

1/2 red pepper, chopped (optional)

1/4 fresh parsley, chopped (optional)

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Directions

1. Toss together tuna and beans in a small bowl.
2. Add in dill and dressing, mix well.
3. Mix in green onion, red pepper and parsley.
4. Serve on salad greens, in a tortilla, or stuffed in a pita.

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