

### BEAN & BASIL BRUNCH

1 can (15½ oz) baby lima beans, rinsed & drained  
1 can (15½ oz) dark red kidney beans, rinsed & drained  
1 can (15½ oz) Great Northern beans, rinsed & drained  
1/3 c chopped green or red pepper  
1 can (12¼ oz) white tuna in water, drained, flaked into 1" pieces  
8 cherry tomatoes, cut into fourths into halves, seeded, sliced  
Basil Vinaigrette (see below)

Lettuce leaves  
Basil or parsley springs  
½ small cucumber, cut lengthwise  
¼ c thinly sliced red onion

Combine beans, tomatoes, cucumber, pepper and onion in large bowl, add Basil Vinaigrette and toss. Refrigerate mixture at least 4 hours for flavors to blend, stirring mixture occasionally. Add tuna to mixture 1 to 2 hours before serving time. Spoon salad onto lettuce-lined plate; garnish with basil.

#### Basil Vinaigrette:

3 T olive oil  
¼ c tarragon wine vinegar  
3 to 4 T finely chopped fresh OR  
1 to 1 ½ t dried basil leaves  
3 T fat-free plain yogurt

1 to 1 ½ T lemon juice  
¾ t sugar  
1 ½ T water  
1 to 2 cloves garlic

Mix all ingredients; refrigerate until serving time. Mix before using.

Vinaigrette = 397 Calories for entire batch.