

BLACK BEANS & TUNA SALAD

1 15 oz can black beans, drained & rinsed 2 T water
1 8 oz pkg frozen snap peas 1/8 t black pepper
1 medium size red or green bell pepper, 1/2 c green onions, sliced diagonally
 cut in narrow strips 8 lettuce leaves
1/2 c bottled Italian dressing (not creamy)
1 can (12½ oz) can light tuna (drained)

Bring snap peas and water to a boil in a medium-size saucepan. Reduce heat; cover and simmer three minutes. Drain & chill under running cold water. Place peas in a large bowl, add beans and dressing; toss to coat. Gently stir in tuna, bell pepper strips, green onions and black pepper. Serve on lettuce leaves. Makes 4 servings.

Calories: 316, Carbohydrate: 31 grams, Protein: 31 grams, Fat: 7 grams.