

JULIE'S TUNA AND WHITE BEAN SPREAD

Ingredients

- 5 oz tuna canned in water, drained
- 16 oz canned white beans or cannellini beans, drained and rinsed
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- ¼ cup flat-leaf parsley, chopped
- Garlic and salt to taste

Directions

1. In a blender or food processor with the knife blade attached, whirl the tuna, beans, olive oil, lemon juice and parsley until smooth.
2. Add garlic and salt to taste.
3. Serve with crudité's such as sliced cucumber, bell pepper, carrots, celery and jicama or spread on a low-carb tortilla and roll it up.

Yields: 8, ¼ cup servings

Calories: 90

Fat: 2.5 g (0 g saturated)

Protein: 8 g

Carb: 9 g (3 g fiber)

The addition of white beans adds to the creamy texture of the dip and adds fiber.

During the purred phase, just eat with a spoon.

Vary the flavor by adding different herbs such as basil, dill or rosemary.



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