

Portion size: 1 Sandwich

Tuna, White Bean, Butter Lettuce, Whole Wheat Sandwich Thin

White beans and tuna tossed with fresh basil and a touch of mayonnaise

Yield: 6 servings

1-1/4 cup	Great Northern Beans, Dry
1 lb, 2 oz	Tuna, Light Water Packed
1/4 cup	Basil, Fresh, Chopped
1-1/2 tsp	Cracked Black Pepper
1 tbsp	Parmesan Cheese, Fresh, Shredded
12 each	Tomatoes, Fresh, 1/4" Each Slice
18 each	Basil Leaf, Fresh
6 leaves	Boston Bibb Lettuce
6 each	Bread, Sandwich Thins, 100% WW, 1.5 oz
2 tbsp	Pesto Sauce, Nut Free
1 tbsp	Light Mayonnaise



Soak great northern beans in water overnight. Drain water. Place in sauce pot and cover with water. Bring to a boil and simmer until beans are tender, about 2 hours. Drain. Chill.

Drain tuna and flake. Combine tuna, beans, mayonnaise, chopped basil, pesto, pepper, and parmesan cheese. Open sandwich thin, place a heaping cup of tuna salad on top, top with 2 slices tomato, 1 lettuce leaf, and 3 basil leaves. Place top on sandwich and place sandwich on platter.

Chef's Note: Cooking dry beans from scratch has a better flavor and nutrition profile. Canned beans may be used for time saving but make sure to rinse the beans to wash away some of the sodium.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
300.5	28.9	39.3	5.2	32.4	438.5	1.2	11.3