

Tuna and Beans Jackets

Ideal as a light dinner option. Remember to eat the skin of the potato as it is high in fibre.

Nutritional Info (per serving): 281 calories, carbs 49g, fat 1.5g, protein 20g



Photo and Recipe by change4life

Ingredients (serves 4)

- 4 baking potatoes
- 1 can of cannellini beans
- 200g tuna in water, drained and flaked
- 2tsp tomato purée
- 1 pepper, chopped
- 2 tomatoes, chopped
- 4 spring onions, finely chopped
- 2tsp of red or white vinegar
- 1 pinch ground black pepper

Method

Preheat the oven to 200C/fan oven 180C/gas mark 6.

Prick the potatoes, then bake towards the top of the oven for 1 hour, or until tender.

While the potatoes are cooking, mix together the cannellini beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato purée.

Season with black pepper.

Split the baked potatoes open and fill them with the salsa mixture.

Serve at once.



GALLANACH