

# Lemony Tuna and White Bean Kale Salad with Avocado

*From Aggies Kitchen*

## Ingredients

4 cups **chopped kale**  
15 ounces **white kidney beans** (rinsed and drained)  
1 **lemon**  
1 can **tuna packed in olive oil** (Genova Yellowfin)  
1/4 **red onion** (sliced thin)  
1 **avocado** (diced)  
4 tablespoons **shaved parmesan cheese**  
**coarse salt**  
**ground pepper**