

White Bean Tuna Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 15 minutes | **Cook:** 0 minutes

INGREDIENTS

- 2 large Cucumbers
- 1 Lemon
- 2 Green Onions
- 1 (6 ounces) can low-sodium Tuna, packed in water
- 1 (15 1/2 ounces) can White Beans
- 1 tablespoon Canola Oil
- 1 tablespoon Dijon or country Mustard
- 1/2 teaspoon Salt
- 1/4 teaspoon ground Black Pepper

DIRECTIONS

1. Rinse and dice cucumbers.
2. Rinse lemon. Grate the peel using the small holes of a box grater. Cut lemon in half. In a small bowl, squeeze out juice. Throw away seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans. In a medium bowl, mash beans lightly with a fork.
5. Add green onions, cucumber, tuna, oil, mustard, salt, pepper, grated lemon peel and 2 tablespoons of the lemon juice to beans. Mix with a fork and serve.



| Nutrition Information | |
|------------------------------------|---------------|
| <i>Serving Size: 1/4 of recipe</i> | |
| Calories | 210 |
| Total fat | 5 g |
| Saturated Fat | 0.5 g |
| Trans fat | 0 g |
| Cholesterol | 20 mg |
| Sodium | 560 mg |
| Carbohydrates | 25 g |
| Fiber | 7 g |
| Sugars | 5 g |
| Protein | 18 g |

Recipe adapted from: University of Florida IFAS Extension