

Fiesta Tuna Salad

INGREDIENTS

- 2.5 cups (20oz) canned tuna, drained
- 1, 15oz can black beans, drained and rinsed
- 1, 15oz can sweet corn, drained and rinsed
- 1 cup tomatoes, diced
- ¼ cup red onion, finely diced
- ¼ cup cilantro, finely chopped
- 2 tablespoons lime juice
- 1/8th teaspoon salt
- ½ tablespoon plain greek yogurt
- 1/4th cup olive oil
- 1 teaspoon honey
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

TIME: 45 MINUTES
SERVINGS: 6



Adapted from:
[fitfoodiefinds.com](https://www.fitfoodiefinds.com)

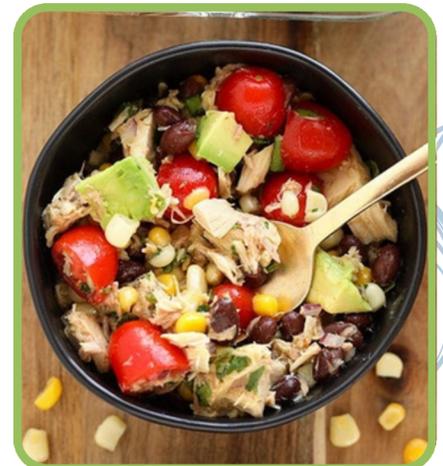


Fiesta Tuna Salad

INGREDIENTS

- 2.5 cups (20oz) canned tuna, drained
- 1, 15oz can black beans, drained and rinsed
- 1, 15oz can sweet corn, drained and rinsed
- 1 cup tomatoes, diced
- ¼ cup red onion, finely diced
- ¼ cup cilantro, finely chopped
- 2 tablespoons lime juice
- 1/8th teaspoon salt
- ½ tablespoon plain greek yogurt
- 1/4th cup olive oil
- 1 teaspoon honey
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

TIME: 45 MINUTES
SERVINGS: 6



Adapted from:
[fitfoodiefinds.com](https://www.fitfoodiefinds.com)



PROCEDURE

1. In a large bowl combine drained tuna, black beans, corn, red onion, and cilantro.
2. In a small mixing bowl, add lime juice, salt, greek yogurt, olive oil, honey, ground cumin, and garlic powder. Mix with a spoon until all ingredients are well combined.
3. Pour dressing over tuna mixture and mix until incorporated,
4. Refrigerate for at least 15 minutes before serving.
5. Plate and serve!

PROCEDURE

1. In a large bowl combine drained tuna, black beans, corn, red onion, and cilantro.
2. In a small mixing bowl, add lime juice, salt, greek yogurt, olive oil, honey, ground cumin, and garlic powder. Mix with a spoon until all ingredients are well combined.
3. Pour dressing over tuna mixture and mix until incorporated,
4. Refrigerate for at least 15 minutes before serving.
5. Plate and serve!