

Southwestern Tuna Salad

INGREDIENTS

- 1, 10-ounce canned tuna in water, drained
- 1, 15-ounce can low sodium black beans, drained and rinsed
- 1, 15-ounce can low sodium corn, drained and rinsed
- 1 cup red onion, finely diced
- ½ cup low-fat plain Greek yogurt
- ¼ cup lime juice
- 1 tablespoon low-sodium taco seasoning
- 1-pint cherry tomatoes, quartered, optional
- ½ cup cilantro, finely chopped, optional

TIME: 30 MINUTES
SERVINGS: 6



Adapted from:
centraltexasfoodbank.org



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a large bowl, combine tuna, black beans, corn, red onion, tomatoes (if using), and cilantro (if using).
2. In a small bowl, combine Greek yogurt, lime juice, and taco seasoning. Mix until well combined.
3. Pour dressing over tuna salad and mix until well combined.
4. Refrigerate for 30 minutes before serving.

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