

Tuna & White Bean Salad

INGREDIENTS

- 1, 15 oz. can white beans
- 1, 5 oz. can chunk light tuna in water
- 2 whole green onions
- 1 Tbsp lemon juice
- 1 Tbsp olive oil
- Salt & pepper, to taste

Examples of White Beans:

great northern beans or white kidney beans

TIME: 1.5 HOURS

SERVINGS: 6



Adapted from: budgetbytes.com



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. Pour the can of beans into a colander and rinse with cool water. Allow the excess water to drain off.
 2. Drain the can of tuna.
 3. Combine the drained beans and tuna in a bowl. Thinly slice the green onions and add to the bowl as well.
 4. Add the olive oil and lemon juice to the bowl, along with a light sprinkle of salt and freshly ground black pepper. Stir to combine.
 5. Taste the mixture and add salt, pepper, or lemon juice to your liking.
 6. Refrigerate for 1 hour before serving!
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