

Tuna and White Bean Salad

Servings: 4

Diet: Gluten-Free

Ingredients

- 2 tablespoons vinegar
- 3 tablespoons oil
- 1 tablespoon Dijon mustard
- ¼ cup red onion, chopped
- 1 (15 ounce) can tuna packed in water, drained
- 1 (15 ounce) can white beans, no salt added, drained and rinsed
- 1 large carrot, grated
- 2 stalks celery, chopped
- ¼ teaspoon black pepper

Instructions

STEP 1: In a large bowl, whisk together the vinegar, oil, mustard and onion.

STEP 2: Add the tuna to the bowl and break it into smaller pieces with a fork. Add the beans, carrot, celery and black pepper to the bowl. Gently mix to combine.



- **Nutrition Boost:** Add this dish to salad greens or serve with cooked vegetables for a complete meal.
- **Did You Know?** Tuna is an excellent source of many nutrients such as protein, omega-3 fatty acids and vitamin D.



Per Serving: 230 Calories | 19g Carbs | 3g Sugar | 6g Fiber | 11g Fat (1.5g Sat Fat) | 15g Protein | 230mg Sodium

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