

## Tuna and White Bean Salad

Yield: 4 servings

- 2 cups cooked **white beans** (cannellini, chickpea, great northern or navy beans)
- 1 chopped **onion**
- 2 chopped **tomatoes**
- 1 can (6.5 ounces) **tuna**, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a **fresh lemon** if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna.  
Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper.  
Mix well. Pour the dressing over the salad and serve cold.

Adapted from Just Say Yes to Fruits & Vegetables



## Tuna and White Bean Salad

Yield: 4 servings

- 2 cups cooked **white beans** (cannellini, chickpea, great northern or navy beans)
- 1 chopped **onion**
- 2 chopped **tomatoes**
- 1 can (6.5 ounces) **tuna**, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a **fresh lemon** if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna.  
Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper.  
Mix well. Pour the dressing over the salad and serve cold.

Adapted from Just Say Yes to Fruits & Vegetables



## Tuna and White Bean Salad

Yield: 4 servings

- 2 cups cooked **white beans** (cannellini, chickpea, great northern or navy beans)
- 1 chopped **onion**
- 2 chopped **tomatoes**
- 1 can (6.5 ounces) **tuna**, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a **fresh lemon** if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna.  
Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper.  
Mix well. Pour the dressing over the salad and serve cold.

Adapted from Just Say Yes to Fruits & Vegetables



## Tuna and White Bean Salad

Yield: 4 servings

- 2 cups cooked **white beans** (cannellini, chickpea, great northern or navy beans)
- 1 chopped **onion**
- 2 chopped **tomatoes**
- 1 can (6.5 ounces) **tuna**, packed in water or oil, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (from ½ a **fresh lemon** if available)
- 1 minced garlic clove or pinch of garlic powder (optional)
- Salt and pepper to taste

Make the salad: In a large bowl mix drained beans, onion, tomato, and tuna.  
Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt, and pepper.  
Mix well. Pour the dressing over the salad and serve cold.

Adapted from Just Say Yes to Fruits & Vegetables

