TUNA AND BEAN SALAD

PREP TIME: 10 min

SERVINGS: 4

INGREDIENTS

- 2 cans of tuna
- 2 cans of white beans, rinsed and drained
- 1/3 cup mayonnaise
- ¼ red onion chopped and/or ½ cup of chopped celery
- 1 Tbsp of lemon juice or apple cider vinegar (ACV)
- Hot sauce to taste
- ½ teaspoon black pepper
- ½ teaspoon garlic powder

PREPARATION

1. Drain the oil/water from the tuna and put the tuna into a large bowl. Add the beans to the tuna and gently stir to combine.
2. Add the mayo, onions, black pepper, garlic powder lemon juice/ACV and mix to combine. Add hot sauce to taste.
3. If the salad needs more acid, add a little more lemon juice/ACV. If the salad seems a little dry, add a little bit more mayo. Add salt to taste.
4. Chill before serving. This salad will last several days in the fridge, tightly covered.
5. Eat on bread, crackers or on top of a salad.



NUTRITION NOTES

Canned beans should be rinsed and drained and will be ready to go! Beans are a great way to get fiber, iron, protein and B vitamins.