



Zesty Tuna and White Bean Salad

SERVING: 1 CUP
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 15 MIN

Ingredients

- ½ cup Onion, red, chopped
- 1 cucumber, chopped
- 1 pkg Cherry tomatoes, halved
- ½ c Parsley, fresh, chopped
- 1 Garlic Clove, minced
- 1 can Tuna, rinsed and drained (12 oz)
- 1 cans Cannellini or pinto beans, rinsed and drained (15 oz)
- 1 tbsp Olive oil
- 2 Lemon, juice
- 1 tsp smoked paprika
- 1 tsp coriander
- 1 tsp Black pepper
- 1/2 tsp cumin

Optional: Top with
feta cheese

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.3mcg	2%
Calcium 50mg	4%
Iron 1.7mg	10%
Potassium 390mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. Using a cutting board, CHOP red onions and CUT cherry tomatoes in halves.
2. In a large bowl, MIX the onion, cucumber, cherry tomatoes, parsley, and garlic together.
3. In a medium bowl, COMBINE lemon juice, olive oil, and seasonings and mix well. ADD drained tuna and mix.
4. ADD tuna mixture to vegetables.
5. CHILL before serving.

*Recipe adapted from
GetFreshCooking.com

Cost Per Recipe	Cost Per Serving
\$7.99	\$1.33