

# TUNA SALAD



**INGREDIENTS** Serves: 4 | Serving Size: 1/4 tuna mixture

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**lemon**  
1 whole



**green onion**  
2 whole stalks



**tuna**  
1 - 6 oz. can  
in water, drained



**white beans**  
1 - 15 oz. can  
rinsed/draind



**oil**  
2 tablespoons



**dijon mustard**  
4 teaspoons



**ground black pepper**  
1/4 teaspoon



**lettuce**  
2 leaves or  
1 cup shredded

# INSTRUCTIONS

## 1. PREPARE LEMON



Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.

## 2. CUT GREEN ONIONS



Rinse and chop green onions.

## 3. PREPARE TUNA



Drain tuna.

## 4. MASH BEANS



In a colander, drain and rinse the beans. Put in a medium bowl, mash beans lightly with a fork.

## 5. ADD REMAINING INGREDIENTS



With a fork, mix in green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of lemon juice to the beans.

## 6. SERVE ON LETTUCE



Add mixture to lettuce leaves and roll up to create a lettuce wrap, or spread on a whole grain bun.

### NUTRITION INFORMATION (NO BUN)

Calories: 244

Total Carbohydrate: 27g

Protein: 17g

Total Fat: 4g

Dietary Fiber: 7g

Sodium: 530mg

## LOWCOUNTRY FOOD BANK

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