

TUNA SALAD



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



lemon
1 whole



green onion
2 whole stalks



tuna
1 - 6 oz. can
in water, drained



white beans
1 - 15 oz. can
rinsed/drained



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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