



10 min



Serves 4



# FRESH

## WHITE BEAN & TUNA SALAD

### Ingredients:

- 1 can (15oz) white beans
- 1 can (6oz) white tuna packed in water
- 2 tbsp green or red onion chopped
- 2 tbsp. olive or canola oil
- 1 tbsp balsamic vinegar
- 1 clove garlic minced
- 1/4 cup celery

### Directions:

1. Drain and rinse white beans
2. Drain and flake tuna
3. Combine onion, oil, vinegar, garlic and celery with tuna in a medium sized bowl
4. Refrigerate

Source: [www.food.com](http://www.food.com)

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## NUTRITION INFO

Per: 1 serving of tuna salad  
(4 servings per recipe)

Energy.....	310 kcal
Fat.....	9g
Carbohydrates.....	37g
Protein.....	22g



## CONTACT US

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