

Tuna and White Bean Salad

Serves 2-3

Ingredients

- 1 15oz can white beans, drained or 2 cups cooked white beans from dry
- 1 can albacore tuna packed in water, drained
- 2T diced carrot
- 1/2T finely chopped green onion
- 1/2T extra virgin olive oil
- 1tsp red wine vinegar
- 1tsp lemon juice
- 1/8tsp garlic powder
- 1/4tsp or to taste kosher salt
- 1/8tsp or to taste black pepper

Ideas for serving:

- 1 bunch watercress
- 2-3 pieces of whole wheat pita
- 6 celery stalks

Directions

Place all ingredients except watercress in a small bowl and stir until combined. Add more salt and pepper if needed. Serve on celery, whole wheat pita or eat it as is with watercress on top. Refrigerate leftovers and enjoy the next day.

Original recipe by Chef Kelsey Saylor