

# White Bean Tuna Salad

## Description

White bean tuna salad is a delicious high protein dish that is healthy and very tasty. The white beans and watercress add a nice addition to jazz up a typical tuna salad recipe.

## Ingredients

- 2 cans chunk light tuna in water (6 oz ea), drained
- 1/4 cup red wine vinegar
- 2 cans white kidney beans (or cannellini), rinsed and drained
- 1/2 cup red onion, chopped
- 3 cloves garlic, minced
- 2 tsps dijon mustard
- 1/2 tsp sugar (or splenda)
- 3/4 cup black olives, sliced
- 2 tbsp olive oil
- 1/2 tsp sea salt
- 1/4 tsp fresh ground black pepper
- 1 bunch watercress

## Instructions

### Vinaigrette Dressing

In a small bowl, combine vinegar, garlic, mustard, sugar, salt and pepper. Add oil as you whisk gradually to mix all ingredients, bring to a smooth, emulsified mixture.

### Tuna Salad

In a large bowl, combine white beans, tuna, olives and onion. Add vinaigrette dressing and toss gently. Cover and refrigerate until ready to serve.

### To Serve

Slice watercress (leaves and stems) into bite size pieces. Add watercress to tuna salad and mix to combine. Spoon serving portions onto salad plates.



## Summary

**Yield:** 6

**Prep Time:** 10 minutes

**Category:** Salads

**Cuisine:** American