

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