

Tuna Salad

Ingredients

1 jar/can of tuna in olive oil
1 jar/can of white cannellini
beans
Red or White Onion
1-2 TBSP olive oil
1 tsp salt (or to taste)



This 5 ingredient recipe packs plenty of healthy fats and protein!
Tip: Serve with crackers or avocado!

Directions

In a medium size bowl, place the entire jar of white cannellini beans and the entire can of tuna.

Mash together these ingredients so that you don't have big chunks (mash until your liking).

Add in onions (amount to your liking).

Lastly, add olive oil and salt.

Give it one more mix and you're done!

Recipe adapted from UCB Dietetic Interns

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