

# Tuna Bean Salad

9 ingredients · 10 minutes · 3 servings



## Directions

1. In a large mixing bowl combine the oil, red wine vinegar, and Dijon mustard. Add the green beans, mixed beans, cherry tomatoes, bell pepper, and tuna, and mix well. Season with salt and pepper to taste.
2. Divide between plates or bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add fresh herbs, garlic, red or green onion, or other veggies.

### No Mixed Beans

Use chickpeas, lentils, or white beans instead.

### No Tuna

Omit or use canned salmon instead.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

**3 tbsps** Extra Virgin Olive Oil

**3 tbsps** Red Wine Vinegar

**1 tbsp** Dijon Mustard

**2 cups** Green Beans (trimmed, chopped, and blanched)

**1 cup** Mixed Beans (cooked, rinsed well)

**1/2 cup** Cherry Tomatoes (halved or quartered)

**1/2** Red Bell Pepper (diced)

**1 can** Tuna (drained, flaked with a fork)

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	280	Vitamin D	26IU
<b>Fat</b>	15g	Vitamin E	3mg
<b>Carbs</b>	20g	Vitamin K	45µg
Fiber	6g	Thiamine	0.2mg
Sugar	4g	Riboflavin	0.2mg
<b>Protein</b>	17g	Niacin	7mg
Cholesterol	20mg	Vitamin B6	0.4mg
Sodium	199mg	Folate	114µg
Potassium	585mg	Vitamin B12	1.4µg
Vitamin A	1319IU	Phosphorous	196mg
Vitamin C	38mg	Magnesium	60mg



Calcium	60mg	Zinc	1mg
Iron	3mg	Selenium	40µg

