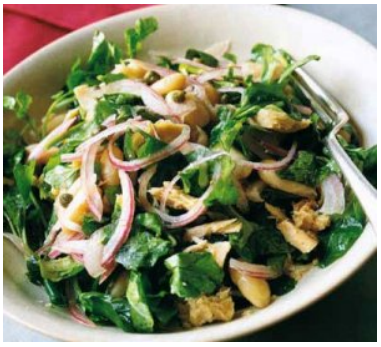
White Bean Tuna Salad

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.



Summary

Yield: 6
Prep Time: 10 minutes
Category: Salads
Cuisine: American

Ingredients

- 2 cans chunk light tuna in water (6 oz ea), drained
- 1/4 cup red wine vinegar
- 2 cans white kideny beans (or cannellini), rinsed and drained
- 1/2 cup red onion, chopeed
- 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, combean 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.