



Growing connections to fresh food.

# Tuna & White Bean Salad

Inspired by [www.budgetbytes.com](http://www.budgetbytes.com)

Contributed by Hopelink Harvest Volunteer: Linda M.

For more recipes: [www.hopelink.org/need-help/food/healthy-recipes](http://www.hopelink.org/need-help/food/healthy-recipes)

## Ingredients:

- 1 15 oz. can white or garbanzo beans
- 1 5 oz. can tuna
- 2 whole green onions, thinly sliced; or, ½ white or red onion, diced
- 1 Tbsp lemon juice
- 1 Tbsp olive or vegetable oil
- salt & pepper to taste

## Method:

1. Drain beans and tuna. Combine in bowl. Add onions, oil, lemon juice, salt and pepper. Stir to combine.
2. Taste and add salt, pepper, or lemon juice as desired. Serve with optional crackers or over salad greens. Enjoy!



[www.hopelink.org/take-action/hopelink-harvest](http://www.hopelink.org/take-action/hopelink-harvest)



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