

Tuna and White Bean Salad

This Tuna and White Bean salad is mayo-free, but big on flavor. Whip up this salad in minutes to satisfy your hunger and tastebuds.

- Total Cost \$2.21 recipe / \$0.74 serving
- Prep Time 10 minutes
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- Servings 3



INGREDIENTS

- 1 15 oz. can white beans \$0.86
- 1 5 oz. can chunk light tuna in water \$0.89
- 2 whole green onions \$0.19
- 1 Tbsp lemon juice \$0.06
- 1 Tbsp olive oil \$0.16
- salt & pepper to taste \$0.05

INSTRUCTIONS

Pour the can of beans into a colander and rinse with cool water. Allow the excess water to drain off. Drain the can of tuna. Combine the drained beans and tuna in a bowl. Thinly slice the green onions and add to the bowl as well.

Add the olive oil and lemon juice to the bowl, along with a light sprinkle of salt and freshly ground black pepper. Stir to combine.

Taste the mixture and add salt, pepper, or lemon juice to your liking.

Full details: <https://www.budgetbytes.com/2012/10/tuna-white-bean-salad/>

