

Tuna and Bean Salad

Servings
about 4



Cook time
0 minutes



Ingredients

- 1 1/2 cups cooked pinto beans or 1, 14.5-ounce can pinto beans, drained and rinsed
- 1, 5-ounce can tuna, drained*
- 1/2 tsp onion powder
- 1 tbsp canola or vegetable oil
- 1 tbsp Dijon or yellow mustard
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 2 tbsp lemon juice

Directions

*If tuna isn't your favorite, try using canned chicken!

- 1 Add beans to a medium-size bowl. Use a fork to mash beans until they form a paste.
- 2 Add tuna, onion powder, oil, mustard, salt, pepper, and lemon juice. Mix with a fork until combined.
- 3 Enjoy your tuna and bean salad as you wish! Try making a wrap with a tortilla, serving as a dip with fresh, sliced veggies, or as a classic tuna salad sandwich.



Scan for video

