

Mediterranean Tuna Salad

9 ingredients · 10 minutes · 2 servings



Directions

1. In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
2. Divide onto plates, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about two cups.

Canned Tuna

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

Ingredients

- 1 can Tuna (drained)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (halved)
- 1/4 cup Red Onion (sliced)
- 1 3/4 cups Cannellini Beans (drained and rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)