Ingredients:
1 can (15oz) white beans
1 can (6oz) white tuna packed in water
2 tbsp green or red onion chopped
2 tbsp. olive or canola oil
1 tbsp balsamic vinegar
1 clove garlic minced
1/4 cup celery

Directions:
1. Drain and rinse white beans
2. Drain and flake tuna
3. Combine onion, oil, vinegar, garlic and celery with tuna in a medium sized bowl
4. Refrigerate

Source: www.food.com
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per: 1 serving of tuna salad (4 servings per recipe)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>310 kcal</td>
</tr>
<tr>
<td>Fat</td>
<td>9g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>37g</td>
</tr>
<tr>
<td>Protein</td>
<td>22g</td>
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</tbody>
</table>

CONTACT US

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