

Tuna



Tuscan Tuna Salad

Makes 6 servings

Ingredients:

- 1 can cannellini white beans
- 1 5oz can tuna, packed in water
- 2 tablespoons onion
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- optional : 1/3 cup walnuts
- Salt and pepper to taste

Instructions:

1. Drain and rinse beans and place in bowl.
2. Drain tuna and combine with beans.
3. Stir in onion, oil, lemon juice, walnuts (if using), salt and pepper.
4. Enjoy tuna salad in a sandwich, with crackers, or on top of a salad!

Source: www.wholefoodsmarket.com

Serving Ideas:

- Canned tuna is fully cooked, so it's safe to eat without cooking.
- Add to soups, stews, and chili.

Tuna Patties

Makes 4 servings

Ingredients:

- 4 5oz cans of tuna, drained
- 1 egg, beaten
- 1/3 cup plain breadcrumbs
- 1 tablespoon lemon juice
- 2 tablespoons light mayonnaise
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. In a large bowl, stir together tuna, egg, breadcrumbs, lemon juice and mayonnaise until combined.
2. Shape tuna into 8 patties.
3. In a large skillet, heat oil over medium heat. Cook patties until golden brown about 2 minutes on each side.
4. Serve and enjoy!

Source: www.marthastewart.com

Benefits:

- **Protein** to help build and repair muscles
- **Iron** to help carry oxygen through your body.