



Mediterranean Tuna Salad

The combination of tuna, tomatoes, olives, red onion, and beans creates a balanced mix of textures and flavors, while the olive oil, lemon juice, and parsley dressing adds a bright, vibrant note that ties it all together. It's a snack that's not only delicious but also quick to prepare, making it an ideal choice for a midday pick-me-up or a nutritious appetizer.



Serving
2



Cook
10 Minutes



Contributer
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140 grams Tuna (drained)
1 cup Cherry tomatoes (halved)
½ cup Pitted kalamata olives (halved)
¼ cup Red onion (sliced)
1 ¾ cups Cannellini beans (drained and rinsed) 414 mL
2 tbsp Extra virgin olive oil
1 tbsp Lemon juice
3 tbsp Parsley (finely chopped)
To taste Sea salt & black pepper

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!

Variation

This dish is quite versatile and can be tailored to personal preference or dietary needs. For a vegetarian version, you could replace the tuna with chickpeas or another type of bean. Or if you're looking to add in your daily serving of greens, arugula or spinach could be mixed in.

DIETITIAN'S MESSAGE

This dish is packed with protein from the tuna and beans, healthy fats from the olive oil and olives, and a variety of vitamins and antioxidants from the tomatoes, red onion, and parsley. The lemon juice not only adds a burst of flavor but also provides vitamin C which helps in the absorption of iron from the beans and tuna.



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