

## Bean & Tuna Salad

### Ingredients

- 2 cups cooked great northern beans
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 can (6.5 ounces) tuna, packed in water
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

\*Makes 4 Servings

### Directions

1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold. Enjoy!
4. Refrigerate leftovers.

### Northern Bean Facts:

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse canned beans before using them. This helps to remove excess salt.

### Recipe Nutrition Facts (per serving):

Calories: 240 cal; Carbohydrates: 23 g; Total Fat: 0 g; Protein: 19g; Fiber: 7 g; Cholesterol: 25 mg; Sodium: 210 mg

Cost Analysis		
Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Northern Beans	\$0.89/15.5 oz.	\$0.89
Onion	\$0.89/each	\$0.89
Tomatoes	\$0.50/each	\$0.50
Tuna	\$0.88/can	\$0.88
Vegetable Oil	\$3.49 /48 oz. (\$0.07/oz.)	\$0.07
Lemon	\$.89/each	\$0.45
Garlic	\$0.50/head	\$0.17
<b>TOTAL</b>	<b>\$8.04</b>	<b>\$3.68</b>
		<b>Cost per Serving: \$0.92</b>

\*Recipe & Facts retrieved from: <http://www.jsyfruitveggies.org/>