

White Bean and Tuna Salad

for cancer treatment and recovery



Ingredients:

- ½ cup full fat Greek yogurt
- 2 tablespoons Dijon mustard
- Juice of 1 lemon
- Optional: ½ teaspoon lemon zest
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh dill
- May substitute 2 teaspoons dried dill
- 1 can (15 ounce) low sodium white beans, drained and rinsed
- 3 cans (5 ounce each) canned tuna, drained and flaked
- 1 cup frozen peas, thawed

Instructions:

1. In a large bowl, combine the Greek yogurt, Dijon mustard, lemon juice, olive oil, and dill. Mix well.
2. Add the drained white beans, flaked tuna, and thawed peas to the bowl with the dressing.
3. Toss gently to combine all ingredients evenly.
4. Season with salt and pepper and serve with crackers or on sandwich bread.