TUNA BEAN SUPREME

SERVES 6

Try this SIMPLE, QUICK, protein-packed salad for a delicious lunch or dinner!

INGREDIENTS

1 large can (10-12 oz) tuna, drained
1 can (15 oz) garbanzo beans (chickpeas), drained, rinsed, & mashed
1/2 cup diced celery
1/2 cup shredded cheddar cheese
1/4 cup light mayonnaise
1/4 cup dill pickle relish

DIRECTIONS

1. In a medium bowl, combine tuna, beans, celery, shredded cheese, mayo, & relish.
2. Adjust the amounts of ingredients to taste, as desired.

Try serving this salad wrapped in a lettuce leaf, on whole wheat bread or rolls, or with whole grain crackers or chips.

Variations

Make it more colorful! Try adding diced red onion, corn kernels, green or red peppers, grated carrots, dried cranberries or other fruits & veggies in addition to or instead of the celery.

Make it melt. Skip the shredded cheese & add a slice of cheese instead. Heat to make a tuna melt!

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/2014)