

Navy Bean and Tuna Salad



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 1/2 cup Red Onion, Shaved
- 2 tablespoons Red Wine Vinegar
- 1 cup Tuna, Water Packed, Drained
- 1 3/4 cups **Furmano's Navy Beans**, Drained
- 2 tablespoons Parsley, Chopped
- 2 tablespoons Fresh Garlic, Minced
- 1 tablespoon Salt
- 1 teaspoon Black Pepper
- 1/2 teaspoon Dijon Mustard
- 3 tablespoons Olive Oil
- 1 tablespoon Plain Yogurt

In This Recipe



Navy Beans in Brine

Preparation

1. In a small mixing bowl combine Vinegar and Shaved Red Onion. Let marinate for fifteen minutes.
2. In a small mixing bowl combine Garlic, Salt, Pepper, Dijon Mustard, and Yogurt. Whisk, while whisking, slowly whisk in the Olive Oil to make a dressing. Reserve.
3. Toss Red Onion mixture with Tuna, Navy Beans and Dressing. Garnish with Parsley.

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