

Tuna Bean Salad Spread

salad 

Ingredients

1 (6 oz.) can tuna
1 ½ cup (15 oz. can) cooked Great Northern beans or other white beans
2 tablespoon onions, grated
1 teaspoon lemon juice
1 cup celery, finely chopped
1 teaspoon chicken bouillon granules
2 tablespoon reduced fat mayonnaise
2 tablespoon mustard
Pepper to taste

Directions

Drain beans and mash. Combine all ingredients and mix well. Spread on bread or crackers. Works well as a dip, etc.

Yield:

4 servings

EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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