

Tuna Salad w/Capers & Green Olives



Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

I love the tang of this non~mayonnaise based tuna recipe!

Serves 4

2 ~ 6oz cans white tuna, packed in spring water

3T low~fat buttermilk Ranch dressing (or more to taste)

2T white balsamic vinegar (or more to taste)

1/4c red onion, finely diced

2T capers, rinsed and drained

2T green olives, rinsed and chopped

1 ~ 15oz can cannellini beans, drained

1T fresh dill, chopped

Drain water from tuna and place into medium bowl. Add Ranch dressing, white balsamic vinegar, red onion, capers, green olives, cannellini beans and dill.

Mix well, taste and adjust seasonings.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

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