

Mediterranean Tuna & White Bean Salad Lettuce Wraps

地中海風ツナと白いんげんのレタスラップ

Serves 2



Ingredients

Salad Base

- 140 g tuna, drained ツナ
- 240 g cannellini beans, drained and rinsed 白
いんげん豆
- 50 g red onion, finely diced 紫玉ねぎ
- 100 g cucumber, diced きゅうり

- 100 g cherry tomatoes, halved ミニトマト
- 10 g capers, drained ケッパー
- 20–25 g walnuts, roughly chopped くるみ
- 2 T / 8 g parsley, finely chopped パセリ

Lemon-Dijon Dressing

- 1 T / 15 g olive oil オリーブオイル
- 1 T / 15 g lemon juice レモン果汁
- 1 tsp / 6 g Dijon mustard デイジョンマスタード
- 1 small clove / 3 g garlic, grated にんにく
- ¼ tsp salt + pinch MSG 塩 + MSG
- Black pepper to taste 黒こしょう

Lettuce Cups

- 8–10 large leaves butter lettuce, romaine, or leaf lettuce レタス

Optional Accompaniments

Focaccia フォカッチャ or Basil Bread バジルブレッド or Cornbread コ
ーンブレッド

Instructions

Prepare the Salad

1. Prepare the vegetables.
 - Dice the **red onion**.
 - Dice the **cucumber**.
 - Halve the **cherry tomatoes**.
 - Chop the **parsley**.
 - Roughly chop the **walnuts**.

2. Prepare the dressing.
 - In a small bowl, combine: **olive oil, lemon juice, Dijon mustard, garlic, salt + MSG, black pepper**. Whisk until smooth.

3. Combine the salad.
 - Place the **tuna** in a large bowl.
 - Add the **cannellini beans**.

- Add the **onion, cucumber, tomatoes, capers, walnuts,** and **parsley.**
 - Pour the **dressing** over the mixture.
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4. Mix gently.
- Fold together carefully.
 - Avoid crushing the beans.
 - Taste and adjust seasoning if needed.
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Prepare the Lettuce Cups

5. Wash and dry the lettuce leaves.
- Pat dry thoroughly.
 - Arrange on a serving platter.
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Serve

6. Fill the lettuce leaves.
- Spoon the tuna mixture into each lettuce leaf.
 - Serve immediately.
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Alternative Serving Methods

Salad Plate: Serve over: mixed greens ミックスリーフ instead of lettuce cups.

Sandwich Style

Serve with focaccia or basil bread for a more substantial meal.

Suggested Menu

Main

Mediterranean Tuna & White Bean Salad Lettuce Wraps

Side

Chilled tomato soup or gazpacho and/or fresh corn

Bread

Focaccia (recommended)

Dessert

Melon, papaya, or nashi pear

Nutrition

Per Serving (Without Bread)

Kcal total: 360 | Protein: 28 g | Fat: 12 g | Sat Fat: 2 g | Carbs: 28 g | Sugars: 3 g | Fiber: 9 g | Sodium: 450 mg | Omega-3: 0.5 g

With One Slice Focaccia

Kcal total: 500 | Protein: 32 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 48 g | Sugars: 4 g | Fiber: 10 g | Sodium: 560 mg | Omega-3: 0.5 g

Notes

- Capers add an important Mediterranean flavor and should not be omitted if available.
- Walnuts provide crunch and additional Omega-3 fats.
- The salad may be prepared up to 4 hours ahead and refrigerated.

- Keep the lettuce separate until serving.
- This recipe works equally well as lettuce wraps, a composed salad, or a sandwich filling.
- For a light summer dinner, chilled tomato soup or gazpacho is highly recommended.