
Mediterranean Tuna and White Bean Salad with Spring Asparagus

A protein-rich, low-glycemic Mediterranean salad combining tender asparagus, creamy cannellini beans, and omega-3 packed tuna for stable blood sugar.

Prep: 10 min

Cook: 5 min

Total: 15 min

Servings: 4

GL 6.2 / GI 22

Ingredients

approximately 1 large bunch, trimmed large bunch asparagus

2 standard cans, about 160g each drained weight canned tuna steaks in water, drained

2 standard cans, about 240g each drained weight canned cannellini beans in water, drained

approximately 150g, finely diced red onion, very finely chopped

brined or salted, rinsed if desired capers, drained

cold-pressed preferred extra virgin olive oil

helps reduce glucose response red wine vinegar

or 1 tsp dried tarragon fresh tarragon, finely chopped

Instructions

Step 1

Bring a large pot of water to a rolling boil over high heat. While waiting, trim the woody ends from the asparagus spears by snapping or cutting off the bottom 1-2 inches.

Step 2

Add the trimmed asparagus to the boiling water and cook for 4-5 minutes until the spears are tender-crisp and bright green. Test doneness by piercing with a fork—it should slide in easily but the asparagus should still have some bite.

Step 3

Drain the asparagus in a colander and immediately rinse under cold running water for 30-60 seconds to stop the cooking process and preserve the vibrant color. Once cooled, cut the spears into 2-inch finger-length pieces.

Step 4

In a large serving bowl, combine the drained tuna, breaking it into chunky flakes with a fork. Add the drained cannellini beans, finely chopped red onion, and capers. Gently toss to distribute the ingredients evenly.

Step 5

Add the cooled asparagus pieces to the bowl with the tuna mixture. Toss gently to combine, being careful not to break up the asparagus or mash the beans.

Step 6

In a small bowl, whisk together the olive oil, red wine vinegar, and finely chopped fresh tarragon until well combined. The vinegar will help emulsify with the oil to create a light dressing.

Step 7

Pour the tarragon dressing over the salad and toss gently but thoroughly to coat all ingredients. Taste and adjust seasoning if needed—the capers provide saltiness, so additional salt may not be necessary.

Step 8

Cover and refrigerate for at least 15-20 minutes to allow flavors to meld, or up to 4 hours for meal prep. Serve chilled or at room temperature. For optimal blood sugar control, eat the vegetables and beans first, followed by the protein-rich tuna.