

RECIPE

Tuna Salad



1 Serving

Calories: 250cal

Protein: 44g

Fat: 4g

Fiber: 2g

Ingredients

- 1 can tuna, 5 oz, drained
- 3-4 tablespoon plain Greek yogurt
- 1 tablespoon mustard
- ½ tablespoon fresh lemon juice
- ½ tablespoon dill pickle relish
- 2 tablespoon red onion, finely chopped
- 1 stalk celery, finely chopped (about ¼ cup chopped)
- 1 tablespoon fresh parsley, chopped
- pinch kosher salt (I use ~¼ tsp)
- pinch black pepper (I use ~⅛ tsp)
- pinch garlic power ((I use ~¼ tsp)

Preparation

1) Finely chop the celery, red onion and fresh parsley. Drain and flake the tuna in the bottom of a bowl.

2) Add the Greek yogurt, fresh lemon juice, salt, black pepper. Give it all a good stir

3) Add the chopped celery, onion and pickle relish. Stir everything again. Give it a taste and add more salt as needed.

Tips

Chop the extras ahead of time so everything is ready to throw together when lunchtime rolls around!! drain the tuna for this recipe. Leftover tuna salad is good for 3-4 days.