



The Perfect Tuna Salad

2 (6-ounce) cans tuna, drained and flaked

1/3 cup organic or vegan mayonnaise

** alternate, use avocado

1/4 cup diced celery

1/4 cup diced sweet onion

1 hard boiled egg, chopped

1 tablespoon pickle relish

1 teaspoon Dijon Mustard

Combine all ingredients in a medium bowl. Chill, if desired. 4 servings

A tuna salad is nutrient-rich, one-dish meal, especially if it's topped with veggies. It is loaded with protein and has more than 10% of your daily intake of 11 vitamins and minerals. Tuna is a good source of omega-3 fatty acids. Be sure to look for the wild tuna that is low in Mercury (Costco has wild caught). Serve on a bed of mixed greens, sprouted grain bread, create a lettuce wrap or eat it with a fork. It is very versatile and quick.

Enjoy!