

# Tuna Salad

**Prep Time:** 10 minutes

## Ingredients

2 5-ounce cans of tuna in water (*drained*)

¼ cup of mayonnaise (*or plain Greek yogurt*), plus more as desired

2 tablespoons of sweet pickle relish (*or to taste*)

2 tablespoons of finely chopped red onion (*or to taste*)

2 tablespoons of chopped celery

Salt and pepper to taste

**Optional add-ins include:** hard boiled eggs, lemon juice, mustard, herbs (*parsley, dill, or chives*), avocado, apple, vegetables (*finely chopped carrots, bell pepper, or cucumber*), chickpeas (*mashed or coarsely chopped*), capers, etc.

## Nutritional Estimates

**Serving size:** ¼ recipe (*recipe makes 4 servings*)

**Calories per serving:** 78+ (*depending on ingredient options and how it is served*)



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## Directions

Place drained tuna into a medium bowl. Add the mayonnaise (*or Greek yogurt*), relish, red onion, celery, and a little salt and pepper. Stir with a fork until everything is well combined. Taste and add more salt and pepper as needed. Serve tuna in a sandwich with lettuce, tomato, cheese, avocado, or whatever you like!

**\*Note:** Tuna Salad can be stored in the refrigerator in an airtight container for up to three days.

## Fun Facts & Tips



- Tuna fish is a powerhouse of essential nutrients including: protein, omega-3 fatty acids, and other vitamins and minerals.
  - Protein helps build and preserve lean muscle and maintain bone density.
  - Omega-3 fatty acids support brain function and enhance cognitive performance.
- Eating two servings of fatty fish, like canned tuna, two times each week has been associated with improved heart health.
- Not all tuna is created equal! When you're shopping for canned tuna, compare food labels. Look for reduced-sodium varieties packed in water -- you'll reap the benefits of the tuna's proteins and omega-3 fatty acid's content without consuming the excess salt. Look for options that also include calcium, phosphorus, potassium, zinc, B-vitamins, selenium, and choline.
- Tuna Salad is a versatile dish. It can be served as a sandwich, in a tuna melt, with crackers, or you can top it on a bed of lettuce or stuff it in avocado halves or hollowed-out tomatoes.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on healthy eating.

