



Lighter Tuna Salad

Skip the mayo and switch to creamy but lighter Greek yogurt to transform your tuna salad.

1 can tuna

3 tbsp Greek yogurt

1 tbsp Mustard

Salt and Pepper to taste

Acid- 1/2 lemon/lime or 1 tbsp vinegar

Crunch - diced celery, bell pepper or carrot

Spice - a few dashes of hot sauce or some diced jalapeño

Flavor- 1/2 small diced onion or 1 medium shallot, grated garlic, scallions or tender herbs such as parsley, dill or cilantro

Drain the tuna and crumble it into a mixing bowl. Add the yogurt, mustard and all of your flavorings. Mix, adding a tablespoon of yogurt if you prefer it to be looser. Taste and adjust seasonings to your liking.

Serve as a sandwich, with crackers or on top of a green salad. Enjoy!