


Mayo Free Tuna Salad

 Ready in 10 minutes



Meal Type:
SNACK (PROTEIN/VEGGIE)

Preparation Difficulty:
EASY

Program Phase:
ALL PHASES

Preparation Time:
PREP: 10 minutes
COOK: 0 minutes



INGREDIENTS (2-3 SERVINGS):

5 oz water packed tuna, drained (female)
OR 7.5 oz water packed tuna, drained (male.
this = 1 and 1/2 (5) oz cans)

1 tbsp chopped fresh basil

1/2 stalk celery, minced

1 finely chopped scallion (green part)

2 tbsp lemon juice

1/2-1 tbsp olive oil

Salt and pepper to taste

1 cup Bibb lettuce or other green leafy veg
of choice for serving

1. Pour the tuna in a small mixing bowl. Use a fork to break the tuna chunks into very small pieces.
2. Add the basil, celery, scallions and lemon juice to the bowl. Use the fork to stir all the ingredients together till well mixed.
3. Add extra virgin olive oil to moisten the tuna to your liking. I usually use between 1 and 2 tbsp. Season with salt and pepper to taste; sea salt and freshly ground pepper is best. Serve over greens and enjoy!



TIP: ADD A BOILED EGG TO MAKE IT A DINNER!

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