

Tuna Salad with Extra Vegetables

Contributed by Hopelink Harvest volunteer: Jeanne B.
Inspired by PaleoPlan.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 3 cans tuna (6 oz)
- $\frac{2}{3}$ cup mayonnaise
- $\frac{1}{3}$ medium red or yellow onion, diced
- 1 medium celery stalk, diced
- $\frac{1}{4}$ cup diced cucumbers or grated carrots
- *Optional:* $\frac{1}{3}$ cup parsley, fresh, chopped and packed
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp sea salt
- *Optional:* 1 tsp dill, dried

Method:

1. Drain tuna and put in large bowl. Add mayo and mash with fork to break apart large chunks.
2. Add remaining ingredients and stir until well combined.
3. Serve on top of salad greens, in a lettuce wrap, or as a side dish. Enjoy!

Tuna Salad with Extra Vegetables

Contributed by Hopelink Harvest volunteer: Jeanne B.
Inspired by PaleoPlan.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 3 cans tuna (6 oz)
- $\frac{2}{3}$ cup mayonnaise
- $\frac{1}{3}$ medium red or yellow onion, diced
- 1 medium celery stalk, diced
- $\frac{1}{4}$ cup diced cucumbers or grated carrots
- *Optional:* $\frac{1}{3}$ cup parsley, fresh, chopped and packed
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp sea salt
- *Optional:* 1 tsp dill, dried

Method:

1. Drain tuna and put in large bowl. Add mayo and mash with fork to break apart large chunks.
2. Add remaining ingredients and stir until well combined.
3. Serve on top of salad greens, in a lettuce wrap, or as a side dish. Enjoy!



Growing Connections to Fresh Food

