



Growing connections to fresh food.

Tuna Salad

Inspired by MarthaStewart.com

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

Ingredients:

- Six-ounce can water-packed tuna, drained
- 2 tablespoons mayonaise
- 1 teaspoon Dijon mustard
- 2 tablespoons finely minced celery
- 1 teaspoon freshly squeezed lemon juice
- Salt and freshly ground black pepper

Method:

1. In a medium bowl, combine tuna, mayonnaise, mustard, celery, lemon juice, and salt and pepper to taste.
2. Using a fork, mix well until thoroughly combined. Store in an airtight container in the refrigerator up to 1 day.



www.hopelink.org/take-action/hopelink-harvest



Growing connections to fresh food.

Tuna Salad

Inspired by MarthaStewart.com

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

Ingredients:

- Six-ounce can water-packed tuna, drained
- 2 tablespoons mayonaise
- 1 teaspoon Dijon mustard
- 2 tablespoons finely minced celery
- 1 teaspoon freshly squeezed lemon juice
- Salt and freshly ground black pepper

Method:

1. In a medium bowl, combine tuna, mayonnaise, mustard, celery, lemon juice, and salt and pepper to taste.
2. Using a fork, mix well until thoroughly combined. Store in an airtight container in the refrigerator up to 1 day.



www.hopelink.org/take-action/hopelink-harvest