

CLASSIC TUNA SALAD

Creamy tuna salad with dill pickles, celery, and a squeeze of lemon



INSTRUCTIONS

1. Drain and dry the tuna

- 2 (5 oz) cans tuna packed in water, well drained

Drain the tuna thoroughly, then pat it dry with paper towels. This step matters more than people expect, since watery tuna makes a watery, bland salad.

2. Flake the tuna

Transfer the drained tuna to a medium bowl and flake it apart with a fork.

3. Add the rest and mix

- 1/3 cup mayonnaise
- 2 tbsp dill pickles, finely diced
- 2 tbsp celery, finely diced
- 2 tbsp red onion, finely diced
- 1 tbsp fresh lemon juice
- 1/4 tsp salt
- 1/8 tsp black pepper

Add everything to the bowl with the tuna and stir until well combined.

4. Taste and serve

Taste and adjust salt, pepper, or lemon juice to your liking. Serve right away, or chill for at least 30 minutes.

A NOTE ON TUNA BRANDS

Safe Catch tests every single fish it processes for mercury before it's accepted, which is unique among tuna brands. Wild Planet doesn't test each individual fish, but it sources smaller, younger tuna, which naturally run lower in mercury. Both are solid choices if mercury exposure is a concern for you.

NUTRITION (per serving, makes about 4 servings)

- Calories: 211
- Total Fat: 14g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 18g

STORAGE

Keep in an airtight container in the fridge for 3-4 days. Not recommended for freezing, since mayo separates and gets watery once thawed.