

TUNA SALAD

Source: Karen Mornin, RD

INGREDIENTS

Servings: 2

- 1 170 gram can of drained, flaked canned tuna
- 1/3 cup finely diced scallions
- 1/3 cup loosely packed fresh dill finely chopped or 2 tsp dried
- 1/3 cup finely diced celery or red bell pepper
- 1/3 cup finely diced parsley
- 1.5 tbsp mayonnaise
- 1.5 tbsp non-fat greek yogurt
- 1/4 tsp smoked paprika
- 1/8 tsp cayenne pepper (optional)
- 2 tbsp fresh lemon juice
- 2 tsp dijon mustard
- pepper to taste

INSTRUCTIONS

1. Combine all ingredients in a bowl and mix well.
 2. Enjoy in a sandwich, wrap, or on a salad!
-