

Tangy tuna salad



Recipe credit

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About this recipe

Serves

3

Serving size

1/3 of prepared recipe

Time to make

20 minutes preparation

Ingredients

- 1/3 cup lite mayonnaise
- 2 teaspoons honey mustard
- 1 teaspoon sweet pickle relish
- Dash of salt
- Dash of pepper
- 1 6-ounce can tuna packed in water, drained and flaked
- 1/2 cup sweet bell peppers (red, orange, yellow or any combination), finely chopped
- 1/4 cup onion, finely chopped
- 1/4 cup carrots, finely chopped
- 1/4 cup celery, finely chopped
- Several large lettuce leaves

Directions

1. Combine mayo, honey mustard, relish, salt and pepper. Mix well.
2. Stir the tuna into this mixture.
3. Fold in all the veggies except for the lettuce.
4. Wrap in lettuce leaves and serve.

Tips and variations

- Rather than pre-make the wraps, serve this buffet style and have people make their own. Keep the vegetables in separate bowls rather than mix them into the salad. You will probably need extras and consider adding other options (chopped cucumbers, sliced green olives or pickles, etc.). Each person can grab a lettuce leaf, some of the prepared tuna salad, and add their own combination of vegetables to complete the wrap.
- You can also serve this tangy tuna salad as a filling on whole wheat bread or a wrap. Serve with lettuce and sliced tomatoes. Try adding different seasonings such as 1/4 teaspoon garlic powder or dried dill weed.

Nutritional info

Calories

130

Total fat

6 g

Saturated fat

1 g

Cholesterol

24 mg

Sodium

50 mg

Total carbohydrates

7 g

Dietary fiber

1 g

Protein

11.6 g

Total sugar

3.4 g

Allergens

Fish

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