

Tuna Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Makes: 8 cups of low-fat Tuna Salad

CChints: If you like canned tuna you will really like Solid White Albacore packed in water.

A 3oz. serving of canned tuna contains 70 calories, 1g fat, 16g protein, 25mg cholesterol.



Tuna Salad:

4 – 5 ounce cans Tuna packed in water, well drained

4 stalks of celery, diced

1/2 medium onion, diced

3/4 cup Sweet Pickle Relish

1-1/2 cups Reduce Fat or Light Mayonnaise

1-1/2 tablespoon prepared Mustard

Salt and pepper to taste

Optional items needed depending on the way you serve the Tuna Salad.

Vinaigrette:

3 Tablespoons Extra Virgin Olive oil

1 Tablespoon Balsamic vinegar or

Red Wine vinegar

1/4 teaspoon Dijon mustard

dash of salt and a pinch of sugar

Open each can of tuna and drain them well. Empty each into a large bowl and flake with a fork. Add celery, onion and relish and mix well. Add mayo and mustard to the bowl on top of the tuna mixture. Mix these 2 together with the fork and when well blended mix into the tuna mixture. Mix well and add salt and pepper to taste. Pour into an 8 cup or larger sealable container. You can store covered in your refrigerator for 5-7 days.

SALAD: Fill 1 or more serving size bowls half full of your favorite lettuce. Coat lightly with your favorite light salad dressing; like vinaigrette. Top with 1/2 cup Tuna Salad and serve with a sliced Roma tomato per bowl. Whisk the items together for the Vinaigrette and lightly pour over the salad.

SANDWICH: Make your sandwich using 2 slices of Whole Wheat Bread. Add 1/3 cup tuna salad to one piece of bread. Adjust the amount of tuna in each sandwich according to your liking. An option would be lay some lettuce on the tuna and top with the other piece of bread. Enjoy with a pickle and chips.

TUNA MELT: For each sandwich you will need 2 slices of your favorite bread or English Muffin. Assemble sandwiches on waxed paper or other easy to clean surface. Spread one side of each piece of bread lightly with unsalted butter or butter spray. Heat a non-stick skillet to med-high heat. While skillet in warming, apply 1/3 cup of tuna to one piece of bread. Top tuna salad with 1 ounce slice of mild cheddar, provolone or Lactose Free and Cholesterol Free Veggie Slices cheese alternative. Apply the second piece of bread to the sandwich, butter side up. Turn the heat under the skillet down to medium heat and add sandwiches to the pan. It will be easier to turn the sandwiches over if they are not crowded in the pan. Cook 2 – 3 minutes. Using a silicone spatula lift the corner of a sandwich to see it is a golden brown. Turn sandwiches over to lightly brown the other side. Remove from the pan when done. Serve whole or cut in half with a pickle spear.

APPETIZER: Apply Tuna Salad to your favorite saltine or party-type cracker. The amount you put on each will be determined by the size of the crackers you are using. Top with a piece of red pimento. Leave enough room around the edge so each cracker can be picked up and fingers won't touch the Tuna Salad. Note: Do not assemble these too far in advance or the crackers will be soggy.

Enjoy!