

TUNA & EGG SALAD

By Dr. Cindy Tanzar

Looking for a tasty lunch recipe with plenty of quality protein and several servings for your busy week? Tuna and egg salad is a classic southern dish that will soon become a favorite, whether you enjoy it in a lettuce wrap or eat it with a fork. Try it spread on raw zucchini or cucumber slices, as well. This salad is easily altered if you want to omit a particular ingredient or add more of another to suit your tastes.

Makes 4 servings.



INGREDIENTS

- 3 5oz cans of tuna, packed in water
- 3 eggs, hard-boiled
- 1/2 cup mayonnaise
- 1 Tbsp Dijon mustard (optional, but good)
- 1/4 cup dill pickles, chopped
- 1/4 cup celery, chopped (optional)
- 1/4 cup red, white or Vidalia onion, chopped
- Pink Himalayan salt and black pepper, to taste

INSTRUCTIONS

1. In a medium bowl, whisk together the mayonnaise, Dijon mustard, salt & pepper.
2. Drain the tuna and add it to the bowl, along with the pickles, celery and onion. Mix together, breaking up large chunks of tuna.
3. Dice the egg and gently fold into the tuna.