

Tuna Salad Toast

yield: 2 SERVINGS

cook time: 0 MINUTES

prep time: 5 MINUTES

total time: 5 MINUTES



INGREDIENTS

- 2 5-oz cans tuna
- ½ cup plain greek yogurt
- 1 stalk celery (diced)
- 1 tbsp lemon juice
- 1 tsp dijon mustard
- 1-2 tbsp herbs
- ¼ tsp salt
- ½ tsp pepper

INSTRUCTIONS

1. Drain liquid from tuna cans.
2. Add tuna and all other ingredients to a mixing bowl.
3. Stir until well combined.
4. Serve as desired (recommendations below).

*Make this healthy tuna salad in less than 5 minutes.
The serving options are endless & customizable to your preference.*



Herb Recommendations: dill, parsley, chives, basil, microgreens.

Serving Options: on toast, in a sandwich or wrap, as a dip, to stuff a tomato.

Pair With: carrots, crackers, cucumbers, peppers, triscuits, lettuce, chips, pita.

Add-Ins: red onion (2 tbsp), garlic (1 clove or 1 tsp powder), sour cream (2 tbsp), dill pickles (2 tbsp), avocado (¼ cup), bell pepper (¼ cup), raisins (¼ cup).