

C's Tuna Salad

Recipe by C

This recipe makes: ten 2 unit servings for EACH protein & fat

This recipe makes: eight 3 unit servings for EACH protein & fat

This recipe makes: six 4 unit servings for EACH protein & fat

This recipe makes: four 5 unit servings for EACH protein & fat

Ingredients for Tuna Salad

2 large cans Albacore Tuna in Water, drained, rinsed and broken apart with your hands (use a strainer, really press out all of the water)

1/3 cup Kraft Light Mayo

2/3 Non-Fat Plain Yogurt (amount may vary depending on how moist you like your tuna)

1/4 Dijon Mustard

1/3 cup sweet pickle relish

1 whole and two egg whites, hardboiled, sliced and diced

1/4 cup very diced Maui Onion pieces -optional

1/3 cup very diced celery pieces

1/2 cup shredded jack or cheddar cheese

C's Notes:

*The Tuna Salad alone is 100% of your protein and fat needs.

*In order to make your tuna as moist as you want, you can adjust the amount of yogurt up or down in measurement to your desired consistency. Do not adjust the mayo amount.

*Tuna salad lasts for up to a week in your refrigerator.

*You can use this as a meal or a snack, just add the carbs.

*You can use this tuna on a bed of lettuce with other veggies, but, unless you omit the mayo in the recipe (use more yogurt), than don't add any salad dressing. It's a trade-off. There is so much going on in the tuna salad as it is you really can get away without salad dressing anyway.