

## Light Tuna Salad

This recipe used greek yogurt instead of mayo to make a lighter version of a classic tuna salad

**Yield: 2 servings**

### Ingredients:

1, 4oz can	Tuna, in water
1 large stalk	Celery, finely chopped
¼ medium	Red Onion, finely chopped
1 Tablespoon	Fresh Herbs, minced (parsely, dill, chives, etc)
1 Tablespoon	Relish (or 1 pickle spear minced)
2 Tablespoons	Low or Non-fat Greek Yogurt, plain
1 Tablespoon	Mayonnaise
2 teaspoons	Mustard (dijon, whole grain, spicy, etc)
1 teaspoon	Lemon Juice (optional)
¼ teaspoon	Salt
½ teaspoon	Black Pepper, ground
½ teaspoon	Garlic Powder
½ teaspoon	Paprika
Dash	Hot Sauce (optional)

### Preparation:

- 1.) Add all ingredients in a bowl and mix until well combined. Taste and adjust lemon juice, pepper, garlic powder, paprika, and hot sauce if necessary.
- 2.) Store in an airtight container in the refrigerator for 5-7 days.
- 3.) Serve on a salad, as a sandwich, or with veggie sticks and crackers.

**Chef's notes:** Plain Greek yogurt can be used as a substitute for mayonnaise or sour cream in a variety of recipes. Mayonnaise is fine when used in small portions, there are also many brands that make mayonnaise with healthier oils such as olive, canola, or avocado oil.

### Nutrition Facts: per 1 serving

Calories: 134	Sodium: 483.7mg	Sugars: 1.1g
Total fat: 7g	Total Carbs: 2.9g	Protein: 12.3g
Saturated fat: 1.6g	Fiber: 0.6g	