

Tuna Salad Without Mayo

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Dairy, Soy**

Option 1:

1 can tuna

1 TBSP olive oil

Salt, Pepper, Garlic, Parsley to taste

Optional: Celery, tomatoes

Option 2:

1 can tuna

½ avocado, mashed

Salt, Pepper, Garlic to taste

Empty the contents of a can of tuna into a small mixing bowl. Separate the tuna using a fork, dividing any chunks. Add the other ingredients based on the option you prefer. Mix the tuna salad using a fork. Serve on top of a green salad, alone, with crackers, on English muffin pizzas (see recipe), or as a sandwich.

Servings: 2 – 3 (Option 1: \$0.54+/serving; Option 2: \$0.73/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***