

REAL LIVING

Modern Tuna Salad

INGREDIENTS

- 2 cans (5 oz) tuna in water, drained
- 2 medium carrots, chopped
- 2 celery stalks, diced
- 3 scallions, sliced, green & white parts
- 2 c fresh baby spinach, sliced
- 1/2 c plain Greek yogurt
- 2 T lemon juice
- 1 T Dijon mustard
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp dried Italian herbs

DIRECTIONS

Add the drained tuna to a medium mixing bowl. Stir in the carrot, celery, onions and spinach.

In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, pepper and dried herbs until well combined.

Serve in a wrap with lettuce, with white beans added on it's own, or with whole wheat crackers.

Note

It's helpful to chop the vegetables a bit small, nearly minced, for easier incorporation in the tuna salad.