

# EASY TUNA SALAD

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## INGREDIENTS

1 can tuna, drained  
1/8 cup finely diced carrots  
1/8 cup finely diced onion  
1/8 cup finely diced celery  
1 teaspoon lemon juice  
1 tablespoon mayonnaise or Veganaise  
1 teaspoon dijon mustard  
Salt and pepper, to taste

## DIRECTIONS

1. Drain and break up tuna
2. In a small bowl, combine all ingredients, adjust for salt and pepper to taste

Notes: Tuna is inexpensive and tuna salad is easy to prepare!  
You probably have a can of tuna hanging out in your pantry too!  
Try it as a dip with veggies, in a sandwich or scooped onto a green salad.

