



*This versatile tuna salad works well in so many ways—on rice cakes, over a salad, with seed-based or grain-free crackers, or simply scooped onto cucumber slices for a quick snack.*

## INGREDIENTS

- ⅓ cup Whole milk sheep yogurt (or whole milk Greek yogurt if well tolerated)
- 2 Tbsp Lemon juice (about 1 lemon)
- 1 Tbsp Dijon mustard
- ¼ tsp Pink Himalayan salt
- ¼ tsp Black pepper
- 1 Tbsp Fresh dill or parsley, finely chopped
- 2 (5 oz) cans Light tuna, drained
- 2 stalks Celery, finely chopped
- 2 Tbsp Red onion, finely chopped

## INSTRUCTIONS

1. In a mixing bowl, combine the yogurt, lemon juice, Dijon mustard, salt, pepper, and herbs. Stir until smooth.
2. Add the drained tuna, celery, and red onion. Gently mix until well combined.

**Note:** Store in the refrigerator for up to 4 days. You can also make this with canned sardines or salmon. Sardines and salmon (especially with the bones) provide an extra boost of calcium.

### **Nutrition** (Based on 2000kcal)

109kcal/serving | **Macros:** Net Carbs 3.3 g (0.8 g fiber), Protein 18.2 g, Fat 2.3 g (0.8 g saturated)

**Good source (10-19% DV):** Protein, B2 (riboflavin), Vitamin C, Magnesium, Potassium, Zinc.

**Excellent source (>20% DV):** Omega-3, B3 (niacin), B6 (pyridoxine), B12 (cobalamin), Vitamin K, Iron, Phosphorus, Selenium, Sodium.