

Heather's Healthy Tuna

This uses ingredients I always have on hand and is a quick go-to meal in our home. We love it served as a tuna melt in colder weather, or scooped into a romaine lettuce leaf in summer.

Serves: 4

Serving size: ½ cup

Ingredients

- 2 cans (5 ounces each) chunk light tuna (in water or in oil)
- ¼ cup carrot, grated
- ¼ cup celery, chopped finely
- ¼ cup onion or shallot, chopped finely
- 2 tablespoons mayonnaise
- ½ teaspoon dried or 1 tablespoon fresh dill
- ¼ teaspoon garlic powder
- ¼ teaspoon fresh ground pepper

Instructions

1. Drain tuna and put into a small mixing bowl. Stir in remaining ingredients.
2. Serve on salad or a whole grain (such as a 100% whole wheat English muffin, pita, tortilla, bread, or cracker).

Nutrition (per serving): *Calories 188, Fat 14g, Saturated Fat 2g, Carbohydrate 2g, Fiber 0.5g, Protein 15g, Sodium 260mg*

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