

Salad

Yogurt Based Tuna Salad

**Gluten-Free*

This is a nice alternative to a mayonnaise based tuna salad. And it's a quick, go to meal for you to make when in a pinch.

You'll Need

- Tuna fish
- Plain yogurt
- Salt
- Pepper
- Additional ingredients of your choice:
 - Carrots, grated
 - Green or black olives, diced
 - Celery, diced
 - Cucumber, diced
 - Green or red pepper, diced
 - Pickles, diced
 - Hard-boiled egg, chopped



Directions

- Empty the can of tuna into a small bowl.
- Mix in just enough of the plain yogurt to bind the tuna.
- Add additional ingredients to your liking.
- Place on top of salad, bagel or bread.

Play with Your Food

- Try Greek style yogurt instead.
- Throw in some mustard, hot sauce or lemon juice.
- Use canned salmon instead of the tuna.
- Add in herbs of choice.