

HEALTHY TUNA SALAD

I found this super easy and tasty recipe from “It’s all Good”. I love it because it’s packed with protein and can be made as a salad on arugula or spread on some

yummy Dave’s Killer Bread. It lasts for a couple days in the fridge and is my easy go-to every week for lunches for my kid.



INGREDIENTS

- ¼ cup Vegenaïse
- 2 tsp of Dijon Mustard
- 1 tbsp freshly squeezed lemon juice
- 8 ounces tuna packed in olive oil, drained
- 4 cornichons, finely diced (or kalamata olives)
- 1 tbsp finely minced white onion
- A big pinch of coarse sea salt
- A few healthy grinds of black pepper

METHOD

Whisk together the Vegenaïse, mustard, and lemon juice. Combine the rest of the ingredients in a mixing bowl, being sure to break up the tuna. Serve on a bed of greens or between slices of your favorite bread (gluten-free optional).