



VEGGIE LOADED TUNA SALAD

Prep Time: 15 min | Total Time: 15 min | Servings: 3

Ingredients

- 2 (5-oz) cans tuna, *drained**
- ½ red or orange bell pepper, *scrubbed with clean vegetable brush under running water & chopped*
- 1 stalk celery, *scrubbed with clean vegetable brush under running water & chopped*
- ½ small red onion, *chopped*
- 1 carrot, *scrubbed with clean vegetable brush under running water & shredded*
- ¼ cup mayonnaise
- 2 Tbsp dill relish (*optional*)
- 1 Tbsp yellow mustard** (*optional*)
- salt & pepper, *to taste*

**Or use 1 (10-oz) double can tuna*

***Try using Dijon, spicy, or honey mustard for a flavor twist*

Directions

1. *Wash hands with soap & water. Sanitize surfaces before starting. Use clean utensils.*
2. In a medium bowl, mix vegetables with drained tuna. Add relish & mustard, if using.
3. Add just enough mayonnaise so the tuna salad binds together. Mix & add more mayo if needed. Add salt & pepper to taste.
4. Serve immediately as-is, on bread, or with crackers. Store leftovers in an airtight container in the fridge for 2-3 days.

Replace the tuna with canned or shredded, cooked chicken to make chicken salad instead.



FOOD & NUTRITION FACTS



tuna

- Tuna is an animal protein with nutrients like protein & omega-3 fatty acids, which support tissue growth & eye, brain, & heart health.
- Choose tuna packed in water instead of oil to keep more omega-3s in the fish after you drain it.
- *Other uses: Add to pasta dishes or sprinkle on top of salads for extra protein & tangy flavor.*



bell pepper

- Bell peppers are vegetables with nutrients like vitamin C & potassium, which support immune & heart health.
- Store in plastic bag in refrigerator for up to 5 days. **Wash before use.**
- *Other uses: slice & sauté with spices to add to Southwestern-style meals. Dice & add to soups & salads for extra crunch & flavor. Stuff with lean ground beef, rice, & spices to make stuffed peppers. Slice & eat raw with bean dip as a snack.*



celery

- Celery is a vegetable with nutrients that help protect against cell damage & regulate healthy blood sugar levels.
- Store in a plastic bag in the refrigerator for a week or more. **Wash before use.**
- *Other uses: Spread peanut butter onto stalks for a snack. Dice & combine with diced carrot & onion to make a starter for soups & other dishes. Boil & simmer with spices & other vegetables to make a broth.*



carrots

- Carrots are root vegetables with nutrients like beta-carotene & potassium that support good eye & heart health.
- Store in refrigerator for up to 2 weeks. **Wash before use.**
- *Other uses: Slice into sticks & eat raw as a snack. Dice with celery & onions to add to bases for soups & sauces. Grate over salads. Roast in the oven & serve as a side. Stir-fry with other vegetables & sauce & serve over rice.*



Search "Second Harvest Food Bank of East Tennessee" on Youtube.com to find cooking demonstrations & more or scan the QR code to the left.

