

Classic Tuna Salad

Ingredients:	Directions:
1-6 oz can tuna packed in water 2 Tablespoons relish or pickle juice 1-2 Tablespoons low-fat mayonnaise 2 Tablespoons Greek yogurt Salt and Pepper to taste	<ol style="list-style-type: none"> 1. Place tuna chunks, relish or pickle juice, low-fat mayonnaise, and Greek yogurt in a mixing bowl and combine all ingredients together. 2. Season if desired with salt and pepper.

Nutrition Facts

Yield: 6 servings of ¼ cup (2 oz) each:

Amount per ¼ cup serving:

Calories: 78

Total Fat: 2.9 g

Saturated Fat: 0.6 g

Total Carbohydrates: 1.7 g

Dietary Fiber: 0 g

Protein: 10.5 g

Sodium: 104.9 mg