



Israeli Tuna Salad

Instructions:

Blend the tuna very well by hand.

Blend in the mayonnaise, onion, pickles, salsa, and spices.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

10 minutes

Cook Time:

n/a

Ingredients:

1 can tuna (in water) -
drained

2 TBSP. lite mayonnaise

1 small onion - chopped

1 dill pickle - chopped

1/4 cup salsa

salt, pepper & garlic powder
to taste