



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:

3/4 can tuna (in water) -
drained

1 TBSP. lite mayonnaise

1/2 small onion - chopped

1/2 dill pickle - chopped

1/6 cup salsa

salt, pepper & garlic powder
to taste