



TUNA & EGG SALAD

By Dr. Cindy Tanzar
(Standard or Maintenance Plans)

Looking for a tasty lunch recipe with plenty of quality protein and several servings for your busy week? Tuna and egg salad is a classic southern dish that will soon become a favorite, whether you enjoy it in a lettuce wrap or eat it with a fork. Spread on raw zucchini or cucumber slices, as well. This salad is easily altered if you want to omit a particular ingredient or add more of another to suit your tastes. Makes 4 servings. One serving is 4.5 ounces and covers your protein, fat and 1/4 cup raw vegetable for one meal.



INGREDIENTS

- 3 5-oz cans of tuna, packed in water (Skipjack is best)
- 3 eggs, hard-boiled
- 1/2 cup mayonnaise (Genesis homemade or Primal Kitchen)
- 1 Tbsp Dijon mustard (optional, but good)
- 1/4 cup dill pickles, chopped (organic is best due to artificial colors)
- 1/4 cup celery, chopped (optional)
- 1/4 cup red, yellow or Vidalia onion, chopped
- Pink Himalayan salt and black pepper, to taste



INSTRUCTIONS

In a medium bowl, whisk together the mayonnaise, Dijon mustard, salt & pepper. Drain the tuna and add it to the bowl, along with the pickles, celery and onion. Mix together, breaking up large chunks of tuna.

Dice the egg and gently fold into the tuna.