

RECIPE OF THE WEEK

Seared Crunchy Tuna Salad

Ingredients

- 8 oz Tuna
- 2 tsp.. Olive oil
- 1/2 cup chopped
- Onion
- 1/2 cup chopped Celery

- 1/2 cup chopped Green Pepper
- 1/2 cup chopped Tomatoes
- 1 tbsp. Walden Farms Mayo
- Salt (to taste)
- Pepper (to taste)



Preparation

1. Coat Tuna in olive oil and add some salt and pepper to it (if you are using canned Tuna then make sure to drain water)
2. Grill/sear the Tuna
3. Add all the ingredients to a bowl and mix well
4. Serve and enjoy!

Note: This is a restricted meal due to tomatoes. You may have this dish only twice a week.

