

# MEDITERRANEAN TUNA SALAD



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Skipjack Tuna, Drained  
Medium Bell Pepper, Chopped  
Small Red Onion, Chopped  
Cucumber, Chopped  
Large Roasted Red Pepper, Chopped  
Capers, Chopped  
Fresh Flat-leaf Parsley, Chopped

### QUANTITY

2 Cans  
½  
½  
½ Cup  
1  
2 Tbsp.  
2 Tbsp.

### ITEM

Large Lemon Juiced  
Dijon Mustard  
Olive Oil  
Italian Seasoning  
Garlic Powder  
Sea Salt

### QUANTITY

1  
2 Tbsp.  
3 Tbsp.  
1 Tsp.  
1 Tsp.  
½ Tsp.



## PREPARATION

- In a large bowl, add drained tuna and gently flake it with a fork.
- Add bell pepper, red onion, cucumber, roasted red pepper, capers, and parsley. Toss gently to combine.
- In a small bowl, whisk together lemon juice, Dijon mustard, olive oil, Italian seasoning, garlic powder, and sea salt until smooth.
- Pour the dressing over the tuna mixture and toss until evenly coated.
- Serve immediately or chill for 10-15 minutes for best flavor.