

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.