



TUNA & MIXED VEGGIE SALAD

Tuna salad is a super-quick way to get a full serving of protein. In this recipe we mix in some vegetables to increase the nutritional content; the recipe calls for onions, corn, jalapeño, and tomato but feel free to add any vegetables that you have on hand. Celery or cucumber could be a refreshing addition! Whip this together and you've got yourself a healthy, filling, and delicious lunch. Enjoy with whole wheat saltine crackers for an added boost of fiber.

Yield: 10 servings

Ingredients

- 3, 5-ounce **cans of tuna** (in water preferred)
- 1/2 **onion**, chopped
- **juice** of 1 lime, freshly squeezed
- 1 **tomato**, chopped
- ½ **jalapeño**, chopped
- 1, 15-ounce can **corn**, rinsed and drained (low sodium preferred)
- 1 tablespoon **low-fat mayonnaise**
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**
- **saltine crackers** (with unsalted tops)

Instructions

1. Drain the cans of tuna and place in a bowl. Add onion and lime juice and mix to combine. Let sit for 5 minutes. This will reduce the smell of the tuna and onion.
2. Stir in the tomato, jalapeño, corn, mayonnaise, salt, and pepper.
3. Serve immediately with saltine crackers or store in the refrigerator for up to 3 days.

Per Serving: Calories 233, Carbohydrates 31 g, Protein 15 g, Saturated Fat 1 g, Sodium 429 mg, Fiber 1 g, Sugars 2 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen.

