

Tuna Salad with Mint and Walnuts

Serving Size 1 sandwich

Servings 6

Prep Time 5 min

Cook Time 10 min



Nutrition Information

Calories	114.2
Fat	6.7 g
Saturated fat	0.6 g
Polyunsaturated fat	4.7 g
Monounsaturated fat	0.9 g
Cholesterol	8.3 mg
Sodium	98.6 mg
Carbs	3.1 g
Fiber	1 g
Protein	6.8 g

Health Benefit

[High Protein](#)

Ingredients

20 ounces [tuna, water-packed canned](#)

6 tablespoons [non-fat Greek yogurt](#)

1 teaspoon [Dijon mustard](#)

2 [celery, diced](#)

1/4 cup [parsley, minced](#)

2 tablespoons [fresh mint, julienned](#)

1/2 cup [walnuts, chopped and toasted](#)

Directions

1. Drain the tuna and add it to a large mixing bowl. Add the remaining ingredients and stir until just combined.
2. Season to taste with salt and pepper and serve with sliced fresh veggies and a salad or with whole-grain bread.
3. Handy Hint: When mixing together your tuna salad, use a fork instead of a spoon to create a lighter, fluffier salad. The fork introduces a bit of air into the mix, where a mixing spoon actually

compresses the salad as you stir, leaving you with a denser dish.

Nina Lincoff