

Tuna Fish Salad

Category: Gigi is cooking

Yield: 4 servings of 4 sandwiches

Preparation time: 10 minutes

Total time: 10 minutes

Source: Gigi is Cooking

1- 7-ounce package of tuna fish

(Try to buy albacore tuna if you can-the dolphins you know!)

1 T. sweet pickle relish

1/4 c. low fat mayonnaise

2 hard boiled eggs, peeled and diced

2 ribs celery, cleaned - and diced fine

*Mix all together and make a sandwich with it or slice a tomato into 6 wedges, be careful and do not cut the skin on the bottom all the way so the tomato hangs together. Next spoon the tuna salad into the middle of the tomato and enjoy!

Nutritional facts per serving (daily value): Calories 139kcal; Protein 3g (7%); Total Fat 13g (21%)(Sat. 2g (10%)); Chol. 114mg (38%); Carb. 1g (0%); Fiber 0g (0%); Sugars 0g; Calcium 16mg (2%); Iron 1mg (3%)
