

Tuna Salad

Prep Time: 20 Minutes | Makes: 4 servings

Ingredients

- 2 (5-ounce) cans tuna packed in water or oil
- 2 tablespoons olive oil (or oil reserved from the tuna)
- 1/4 cup Greek or plain yogurt
- 1 small cucumber, peeled (or not) and diced
- 2 scallions, greens and whites, chopped
- 1 teaspoon dijon mustard
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon salt



Directions

- To drain the tuna: Set the colander in the sink, then use the can opener to open each can and carefully empty them into the colander. Using the fork, press down on the tuna to squeeze the liquid out. Allow it to drain away.
- Put the drained tuna and all the rest of the ingredients in the bowl and stir well. Taste the salad. Does it need more dill, another pinch of salt? If so add it, then taste again.
- Serve right away or, if you can wait, cover and refrigerate at least 1 hour and up to overnight.

Use this fresh salad to stuff tomatoes, top cucumber slices, or fill a whole-wheat pita. Or add a scoop to a green salad and turn it into a main dish.

