

No Mayo Tuna Salad



This healthy tuna salad uses yogurt as its creamy, tangy base. Customize with your own crunchy greens. Spoon over salad, or have in a wrap for an easy lunch.

Ingredients

- ¼ cup 2% plain strained yogurt, such as Greek-style
- 1 teaspoon Dijon mustard
- Juice of 1/2 lemon
- 1 tablespoon extra-virgin olive oil
- ⅛ teaspoon Kosher salt
- ⅛ teaspoon freshly ground black pepper
- 2 Unit (3 oz.) pouches solid white tuna in water (such as Wild Planet No Salt Added Albacore Wild Tuna)
- 1 stalk celery, finely diced
- 1 tablespoon fresh chopped chives
- 1 cup loosely-packed microgreens (such as radish or basil)

Instructions

1. In a small bowl, combine yogurt, Dijon, oil, salt and pepper. Set aside.
2. In a medium bowl, combine tuna, celery and chives. Add yogurt mixture; mix until well-combined. Cover and refrigerate until ready to use.

From ***Skinny Taste*** (skinnytaste.com)