

Making it delicious

Mediterranean Tuna Salad



Ingredients

- 2 5-oz cans of tuna, drained & flaked
- ½ cup minced or grated carrots
- ½ cup minced celery
- ½ cup any color bell pepper
- ¼ cup red onion (or any color)
- ¼ cup minced olive or pickles
- 1 Tbsp. olive oil
- ¼ tsp. black pepper
- ⅛ tsp. cayenne pepper (optional)
- Salt to taste



Instructions

Recipe adapted from medinsteadofmeds.com

- In a medium size bowl combine the carrots, celery, bell pepper, onion, olives, tuna, and olive oil.
- Season with black pepper, cayenne pepper, and salt. Mix well.
- Serve in a sandwich, on top of salad greens, on toast or crackers, or with sliced vegetables.

SERVINGS: 4 | PREP TIME: 15 MIN