

SWEET & SPICY TUNA SALAD

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Ingredients

- 2 - 5oz Cans of Tuna
- 1 Carrot
- 2 Green Onions *optional/substitute
- 1 Yellow Onion
- 2 Teaspoon Sugar
- 2 Teaspoon Oil.
- 2 Teaspoon Apple Cider Vinegar

Optional: Use Spices That Are Available

- 1/4 Teaspoon Cayenne Pepper
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Paprika
- Salt and Pepper to taste

Directions

1. Drain the tuna, and place in bowl.
2. Chop the carrot and onion finely.
3. Add the carrot, onion, sugar, oil, apple cider vinegar, and spices of choice to the bowl with drained tuna.
4. Stir everything to combine, then let the mixture sit for at least 5 minutes to allow flavors to blend.

Nutrition Fun Facts

Tuna is rich in Omega-3 fatty acids which are anti-inflammatory, they work to reduce blood pressure, these fats are great for heart health!