



Elegant Tuna Salad Recipe

This is really a great tasting tuna salad, best I have ever tasted, creamy and the addition of curry surprisingly makes it taste quiet decadent.

Prep Time: 10 min.

Cook Time: 0 min

Ready In: 10 min

Serving Size: 4 servings

Ingredients

- ✓ (7 ounce) can white tuna in water, drained and flaked
- ✓ 6 tablespoons mayonnaise
- ✓ 1 tablespoon Parmesan cheese
- ✓ 3 tablespoons sweet pickle relish
- ✓ 1/4 teaspoon curry powder
- ✓ 1 tablespoon dried parsley
- ✓ 1 teaspoon dried dill weed
- ✓ 1 pinch garlic powder

Directions

1. In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season the mixture with curry powder, parsley, dill weed, and garlic powder. Mix well and serve with crackers or on a sandwich.

Nutrition

Amount per serving

- ❖ Calories: 228
- ❖ Total Fat: 17 g
- ❖ Total Carbs: 5 g
- ❖ Protein: 13 g
- ❖ Cholesterol: 24 mg
- ❖ Sodium: 255 mg