

Description: A simple and healthy tuna salad made with canned tuna, perfect for a quick lunch

Ingredients:

- 1 can of tuna (drained and flaked)
- 1/2 cup of mayonnaise
- 1/4 cup of chopped onion
- 1/4 cup of chopped celery
- 1 tablespoon of Dijon mustard
- Salt and pepper to taste
- 4 slices of whole wheat bread
- Lettuce leaves for serving

Instructions:

1. In a medium-sized bowl, combine the flaked tuna, mayonnaise, chopped onion, chopped celery, and Dijon mustard
2. Mix well until all the ingredients are fully incorporated
3. Season with salt and pepper to taste
4. Spoon the tuna salad onto the whole wheat bread slices
5. Serve with lettuce leaves on the side

Tips:

- You can customize the recipe by adding other ingredients such as chopped hard-boiled eggs or diced bell peppers
- Use low-fat mayonnaise for a healthier option

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Original ingredients requested: canned tuna (Meal type: lunch)