



Lynette's Tuna Salad

2 cans Tuna packed in water (drained)

Miracle Whip Lite (Just enough to make tuna moist and stay together)

4-6 Pepperchini's (Banana Peppers) chopped up

1-2 large pickles chopped up

Pepper and celery salt to taste

1. In a small bowl, combine all ingredients
2. Refrigerate unused portion for later.

This recipe is amazingly versatile! We use it in a whole wheat wrap with fresh spinach leaves and tomatoes, on whole wheat crackers, in a sandwich, on a lettuce salad, or on sticks of celery. You can add different spices such as chili powder to make the recipe fit your own taste. Like most of the other recipes posted on this website, this tuna salad can be prepared in bulk and used as part of a clean eating diet!

Makes 4 servings and takes 20 minutes to prepare.

Recipe from Lynette Duford

(You can find this recipe, along with others at PolsonFitness.com!)