



# Chef Fred's White Albacore Mediterranean Tuna Salad (No Mayo)



Fresh, tangy, and colorful, this hearty Mediterranean-inspired salad bursts with bold flavors and great textures, making it a satisfying choice for lunch or a light dinner.

## Salad Ingredients & Directions:

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| 1 cup of cherry tomatoes cut in half                              | 1 cup of cannellini beans                    |
| ½ cup of English cucumber cut into ½ chunks                       | 1 cup of garbanzo beans                      |
| ½ cup of Feta Cheese chunked or crumbled                          | 1 cup of chopped red sweet pepper (optional) |
| ¼ cup of green onion (greens and whites)                          | ½ avocado cubed                              |
| 2 tablespoons of fresh chopped dill (or 1 teaspoon of dried dill) |  |
| Two 5 oz cans of Albacore tuna in spring water                    |  |

**Lightly fold ingredients together.**

## Dressing Ingredients & Directions:

### **In a food processor or blender combine:**

- 4 tablespoons of fresh squeezed lemon (more to taste)
- 1 tablespoon of chopped fresh dill
- ¼ teaspoon fresh ground pepper
- ¼ teaspoon of salt
- 2 tablespoons of Dijon
- ¼ cup of Extra Virgin Olive Oil

**Blend ingredients until smooth consistency. Drizzle dressing on tuna and mix gently. Add additional salt and pepper to taste.**

## Serving Options:

1. Cut an English cucumber in half, scrape out the seeds to make a boat, and fill with tuna for a no-carb meal that is satisfying
2. In a large bowl or platter, lay arugula and place prepared tuna on top for a salad with greens. Top with extra feta and olive oil
3. Fill Pita Bread with prepared tuna salad for a delicious low-carb sandwich

*“Sharing a meal with friends and family is an unspoken way of showing love and peace for the soul” - Chef Fred*