

Curried Tuna Salad

Gluten Free

To keep the sodium level down, be sure to purchase very low sodium canned tuna such as "Star Kist Very Low Sodium" Chunk White Albacore Tuna (available at some Super One stores, Mount Royal and CUB foods) OR the "Natural Sea No Salt Added Albacore Tuna" (available at the Whole Foods Coop)

Albacore Tuna provides almost 3 times more Omega 3 Fatty Acids (EPA/DHA) than regular canned tuna. This recipe provides about 500 mg of EPA/DHA per serving.

- 12-ounces No Salt Added Canned Albacore Tuna (May be 2 or 3 cans), drained flaked
- 2-Tablespoon chopped red fresh pepper
- 1-Tablespoon Parmesan Cheese
- 6-Tablespoons Canola or Olive Oil Mayonnaise or Salad Dressing
- 1-Tablespoon Sweet Pickle Relish (Calculated with Heinz brand)
- 1/8-tsp onion powder
- 1/4- to 1/2-teaspoon curry powder
- 1-teaspoon dried dill weed
- 1-pinch garlic powder
- 2-Tablespoons chopped fresh Parsley

1. In medium bowl combine tuna, parmesan cheese, and red pepper.
2. In a small bowl combine mayonnaise, pickle relish, and spices. Add to tuna mixture.
3. Stir in parsley.

| Nutritional Facts | 1/2-cup |
|----------------------|---------|
| Serving Size | |
| Servings | 6 |
| Calories | 120 |
| Total Fat | 5gm |
| Saturated Fat | 0g |
| Trans Fat | 0gm |
| Cholesterol | 25mg |
| Sodium | 180mg |
| Potassium | 155mg |
| Carbohydrates | 2gm |
| Fiber | 0gm |
| Protein | 16gm |
| Calcium | 16gm |



Essentia Health

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