



Veggie-Loaded Tangy Tuna Salad



1/4th of recipe (about 3/4 cup): 150 calories, 2.5g total fat (<0.5g sat sat. fat), 676mg sodium, 13g carbs, 2g fiber, 7g sugars, 18g protein

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Prep: 10 minutes



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Ingredients

One 12-oz. can or pouch albacore tuna packed in water, drained and flaked
1 cup finely chopped red and yellow bell peppers
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
2/3 cup fat-free mayonnaise
1 tbsp. plus 1 tsp. honey mustard
2 tsp. sweet relish
1/8 tsp. each salt and black pepper, or more to taste

Directions

In a medium bowl, mix tuna with veggies. Add remaining ingredients, and mix until uniform.

MAKES 4 SERVINGS

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