



Ruby's Favorite Tuna Salad Recipe

This is an easy recipe that your kids can help you make. Older children can likely make it on their own with some supervision opening the can and chopping the celery and pickles.

Ingredients

1 can tuna packed in water
1 stalk of celery, chopped into small pieces
2 tbsp. chopped sweet or dill pickles
1 tbsp. regular or light mayonnaise
Salt and pepper to taste
Squeeze of fresh lemon

Directions:

- Put tuna in a medium bowl and use a fork to break it up into small chunks.
- Add celery, pickle, mayonnaise, and salt and pepper to taste. Mix until combined. Add a squeeze of lemon.

Makes approximately 2 servings.

Additional add ins: Have fun experimenting with different tastes and flavors to make it your own! We like:

- 1 tbsp of capers
- 1 tbsp each of chopped apple and dried cranberries.
- Fresh herbs such as basil, parsley, tarragon or dill.

For packed lunches at school I like to put the tuna in a small container and include some crackers, fresh pieces of carrots, cucumber and cherry tomatoes. It's also fun to use small whole wheat pitas or make a lettuce "boat" with a large piece of green or red leaf lettuce.

Add in a few chunks of cheese, some fresh strawberries or a sliced apple, and a homemade mini-muffin or two, and you have a great school lunch!