

Amazingly Good and Healthy Tuna Salad

Savannah · 30/09/2024

**Prep Time**

1 hr 10 mins

Difficult

Medium

Servings

2

Description

This tuna salad recipe is tweaked from one I found. It is so good my husband who is a very picky eater often requests this. Enjoy and pat yourself on the back for eating a healthy meal.

Ingredients

- 1 (5 ounce) can tuna in water
- drained - 1/2 cup dried cranberries - 1/2 sweet apple
- cut into 1/4-inch pieces - 2 tablespoons light mayonnaise - 1 green onion
- chopped - sea salt to taste - ground black pepper to taste - 4 cups chopped fresh spinach

Instructions

1. Mix tuna
2. cranberries
3. apple
4. mayonnaise
5. green onion
6. sea salt
7. and black pepper together in a bowl; refrigerate 1 hour. Put 2 cups spinach on each of 2 plates. Top spinach with about half the tuna salad.