

Healthy Mediterranean Tuna Salad

- 2 cans tuna (in water)
- 1/2 medium bell peppers
- 1/2 small red onion, chopped
- 1/2 cup cucumber, chopped
- 1 large roasted red pepper
- 2 tablespoons fresh flat leaf parsley, chopped

Lemon Herb Dressing:

- 1 large lemon, juiced
- 2 tablespoons dijon mustard
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon Himalayan sea salt
- 1 teaspoon Italian seasoning

1. In a large bowl combine the tuna with the rest of the chopped vegetables

Lemon Herb Dressing:

1. In a small mixing bowl, combine the lemon herb dressing ingredients and whisk with a fork or small whisk until combined.

2. Pour the dressing over the tuna salad and stir well.

Serving Size = 3 ounces of tuna

