



Tuna or Salmon Salad Cups

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: NONE

Ingredients

- 1 can (5 oz) tuna or salmon, drained
- 1/4 cup plain Greek yogurt
- 1 tablespoon olive oil or avocado oil mayo
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh dill or parsley
- 1 tablespoon finely diced celery or red onion, optional
- Salt and black pepper to taste
- 1 large bell pepper sliced into cups or 1 large cucumber sliced into thick rounds

Directions

1. In a medium bowl, flake the tuna or salmon with a fork.
2. Add the Greek yogurt, olive oil or avocado oil mayo, lemon juice, herbs, and diced vegetables if using.
3. Mix until well combined and creamy.
4. Season with salt and black pepper to taste.
5. Spoon the mixture into bell pepper cups or onto cucumber rounds and serve chilled or at room temperature.

Nutrition Highlights:

Calories: ~220

Protein ~24-26g Fiber ~2-3g

JUVENTAS
Wellness 