

Tuna, Chicken, or Egg Salad



Serves 2

Ingredients:

- 1 can tuna (drained) OR 1 large chicken breast (chopped), OR 4 hard-boiled eggs
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup chopped celery
- 1 dill pickle spear, minced
- Salt and pepper, to taste

Instructions:

1. Mix all ingredients, and adjust seasoning to taste.
2. Serve atop mixed greens or use as a dip for fresh vegetables.

Note:

Add any of the following for a different flavor:

- Dash of curry powder
- 1 teaspoon mustard
- Dash of hot sauce
- 1-2 tablespoons chopped nuts
- 1 tablespoon sour cream to replace mayonnaise





Adapted from Duke Lifestyle Medicine Clinic

For tuna salad:

Nutrition per serving: Calories 311; Total Fat 28.2 g; Saturated Fat 4.5 g; Monounsaturated Fat 6.3 g; Polyunsaturated Fat: 16.6 g; Total Carbohydrates 1.4 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.1 g; Sugars 0.7 g; Protein 13.1 g; Sodium 743 mg

For chicken salad:

Nutrition per serving: Calories 372; Total Fat 30.6 g; Saturated Fat 5.2 g; Monounsaturated Fat 7.2 g; Polyunsaturated Fat: 17.1 g; Total Carbohydrates 1.4 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.1 g; Sugars 0.7 g; Protein 21.5 g; Sodium 635 mg

For egg salad:

Nutrition per serving: Calories 410; Total Fat 38.2 g; Saturated Fat 7.6 g; Monounsaturated Fat 10.3 g; Polyunsaturated Fat: 17.9 g; Total Carbohydrates 2.5 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.1 g; Sugars 5.2 g; Protein 13.2 g; Sodium 707 mg