

Power Tuna Salad



TIP: This quick & easy tuna salad substitutes **mayonnaise**, which is both high in calories and fat, with **non-fat plain Greek yogurt** and **mustard**. **Non-fat Greek yogurt** is thicker and has 2-3 times more protein than **regular yogurt**. (See the table under the Equipment picture below for a regular mayonnaise to non-fat Greek yogurt nutrition comparison.)

Preparation Time: 5-7 minutes

Ingredients (for 2-3)

12 Ounce Can of Tuna (packed in water)
1 Celery Stick
1 Tablespoon Non-Fat Plain Greek Yogurt
1/2 Handful of Your Favorite Pickles (can be substituted with 1-2 teaspoons pickle relish)
1 Teaspoon Mustard



Equipment

Can Opener
Medium Sized Bowl
Cutting Board
Sharp Short Bladed (Paring) Knife
Fork
Tablespoon
Teaspoon



MAYONNAISE VS. NON-FAT GREEK YOGURT

Most importantly, when comparing nutrition labels, make sure first to note serving sizes as circled below.



Mayonnaise

Vs.



Non-Fat Greek Yogurt

The serving size listed on the **mayonnaise** label is 1 tablespoon, or about 1/2 ounce. The serving size for the **non-fat Greek yogurt** is 1 cup, or 8 ounces. That means you either have to multiply the nutritional values on the mayonnaise label by 16 (there are 16 tablespoons in 1 cup/8 ounces) or divide what you see on the non-fat Greek yogurt label below by the same 16 (1 cup = 16 tablespoons) to make a fair comparison. The table below compares the nutritional value of **1 tablespoon of mayonnaise** to **1 tablespoon of Greek yogurt**. The difference is significant!

Values Per Tablespoon	Mayonnaise	Non-Fat Greek Yogurt
Calories	100	8
Calories From Fat	100	0
Total Fat	11 grams/17% DV	0
Cholesterol	10 mg/3% DV	< 1 mg
Sodium	65 mg/3% DV	7 mg
Carbohydrates	0	< 1 gram
Sugar	0	< 0.5 grams
Protein	0	~ 1.5 grams

1. Break off a **celery stick** from a **fresh celery bunch**.



Beware that **dirt** can collect on the **wide bottom** of the **celery stick** as shown in the left photo below.

Therefore, make sure to give the **celery stick** a good hand scrubbing rinse under cold running water as shown on the right to remove as much **dirt** as possible.



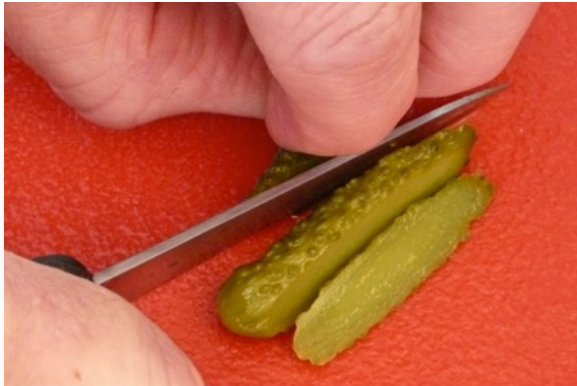
Cut the **celery stick** in half widthwise. Then cut each **celery stick half** into **lengthwise strips** about 1/4 inch (6-7 mm) wide and again in cross section into **pieces** also 1/4 inch (6-7 mm) wide.



2. If you're using **pickle relish**, skip to step 3. Otherwise, prepare **1/2 handful of your favorite pickles**...



...by cutting them into **lengthwise strips** about 1/4 inch wide and then chopping those **strips** in cross section into **pieces** about 1/4 inch (6-7 mm) wide. (**Note: larger pickles** might require another evenly spaced lengthwise cut or two to make them size-appropriate for **tuna salad**.)



3. Use a can opener to open most of the tuna can making sure to leave a small piece of the can top connected to the can as shown in the top left picture below. Then use your thumb to squeeze the can top into the **tuna** in the can over the sink to drain as much **water** as possible.



Use a fork (NOT YOUR FINGERS) to pry the can top open, and scoop the **tuna** into a bowl.



4. Add 1 tablespoon non-fat plain Greek yogurt, 1 teaspoon mustard, chopped celery and chopped pickle (or 1-2 teaspoons of pickle relish as shown in the small insert picture).



5. Finish by using a fork to mix **all the ingredients** together.



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