

Kid-Friendly Quick & Easy Tuna Salad



TIP: This quick & easy **kid-friendly** to make **tuna salad** requires only 3 ingredients, 3 pieces of equipment, and no cutting with a knife or use of a can opener.

Preparation Time: 5 minutes

Needed
(for 1)

3 Ounce Can of Tuna (packed in water with a pull-tab can top)

1/2 Tablespoon Relish

1 Tablespoon Mayonnaise (use no fat or low fat mayonnaise for a leaner tuna salad)

Tablespoon

Fork

Bowl



1. Make sure to hold the side of the **tuna can** securely with one hand. Then grip the pull-tab with

your forefinger as shown and carefully pull back and remove the can top.



2. Use a fork to scoop the **tuna** into a bowl.



3. Add **1/2 tablespoon relish** and...



...**1 tablespoon mayonnaise.**



4. Finish by stirring all the **ingredients** together with a fork until...



...the **tuna salad** looks about like this.

