

Ten-Minute Tuna and Sauerkraut Salad

A light flavorful and probiotic sauerkraut boost for a tuna salad on the go or for an easy dinner, stretch out with a side of fresh greens.

Serves 2 people

Tips:

- Look at what oils the tuna is packed in: just olive oil is the best.
- Solid Tuna comes in large chunks which flake easier for this type of salad
- Look for a lower-mercury, like skipjack or yellow fin, and sustainably caught brands like Safe Catch, American Tuna or Wild Planet

Ingredients

- 1 English cucumber, quartered and diced
- Pinch of sea salt
- Few grinds of pepper
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sauerkraut, finely chopped
- $\frac{1}{4}$ cup dried currants
- 1 can oil packed tuna
- Lemon
- 1 tbsp. toasted sesame seeds
- Handful of chopped parsley or dill

Preparation

If using oil packed tuna, separate and flake into a small bowl, drizzling some of the oil into the tuna. Add a squeeze of lemon if desired.

Any reserved tuna oil can be used to make a flavorful dressing. If you only have water packed, drain and add a splash of olive oil, pinch of sea salt and pepper and squeeze of lemon to freshen up the tuna.

In a shallow serving bowl pile on the cucumbers, currents and season with sea salt and pepper. Toss in the sauerkraut and top with the prepared tuna, sesame seeds and herbs.