

# Chicken or Tuna Salad

Servings: 1-2 Time: 10 minutes

## Ingredients

- 2 (5 oz.) Can of Chicken or Tuna
- ¼ cup Greek yogurt
- 2 Tbsp Mayonnaise
- 1 Tbsp Lime or lemon juice
- 1 stalk Celery (diced)
- ½ Bell pepper (diced)
- 1 Tbsp fresh parsley
- ¼ tsp Salt
- ¼ tsp Black pepper
- ¼ tsp garlic powder

## Optional Add-ins

- ⅓ cup Red or green onion
- ⅓ cup Green grapes or diced apples
- 2 Tbsp Sliced almonds or chopped walnuts
- ⅓ cup Craisins/raisins
- 1 Tbsp Dijon mustard

## Directions

1. In a large bowl, combine chicken or tuna, diced celery, bell peppers, and any additional add-ins of your choosing
2. In a separate bowl, whisk together the Greek yogurt mayonnaise, parsley, lemon or lime juice, salt, garlic, and black pepper.
3. Add dressing to the ingredient mixture, and gently fold together until well combined.
4. Add additional salt and pepper to taste
5. Serve on a bed of lettuce, toast, with crackers, or enjoy by itself!
6. Chill in the fridge for up to 4 days



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