



BETH WARREN

NUTRITION

My Signature Tuna Recipe

A delicious tuna recipe with everything but the kitchen sink!

INGREDIENTS

4 CANS TUNA, CHOPPED
1/4 RED ONION, FINELY CHOPPED
2 CELERY STALKS, FINELY CHOPPED
4 TBSP DIJON MUSTARD
4 ISRAELI PICKLES, FINELY CHOPPED
2 TBSP PICKLE JUICE
2 TBSP FRESH LEMON JUICE (ADD
ZEST IF YOU WANT!)
1/4 CUP MAYO (OPTIONAL)
1 TSP GARLIC POWDER
1 TSP ONION POWDER
KOSHER SALT & PEPPER, TO TASTE

INSTRUCTIONS

Mash all ingredients together until desired consistency and enjoy!