

## Healthy Recipe: Mediterranean Tuna Salad

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[vitalchoice.com](http://vitalchoice.com)

1 3.75 oz can Vital Choice Albacore Tuna or 1/2 of a 6 oz pouch of Tuna  
3 teaspoons Dijon mustard  
2 teaspoons lemon juice  
2 teaspoons organic extra virgin olive oil  
Pinch sea salt  
1 tablespoon red onion, finely chopped  
1/2 cup kalamata olives, coarsely chopped  
2 tablespoons finely chopped parsley  
3 cups arugula, rinsed

- Put the tuna in a bowl and break it into small pieces with a fork.
- Stir in the Dijon mustard, lemon juice, olive oil, sea salt, red onion, kalamata olives, and chopped parsley.
- Serve on a bed of arugula.