

Healthy Tuna Salad



INGREDIENTS

- 2 Cans Tuna (184 grams each)
- 2 Celery sticks chopped
- 2 carrots julienned
- 1 stalk green onions chopped
- 1 cucumber chopped
- 3 Tbsp ranch dressing
- 1 Tbsp lemon juice
- Salt and pepper to taste
- 2 Tbsp Franks Red Hot Sauce (optional)

PROCESS

Drain water from tuna cans and place in a big bowl. Add the vegetables, dressings and remaining ingredients. Mix well until creamy. Serve as a salad roll or in a grilled wrap!
For Ideal Protein Clients: Substitute carrots for bell peppers and use Walden Farms ranch dressing.