



Nutrition Information Per Serving:

Calories: 134
Protein: 24 g
Carbohydrates: 5 g
Fat: 1 g
Fiber: 1 g

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	RECIPE MAKES 4 serving
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You won't miss the mayo in this lunchtime favorite! Keep the creaminess, but ditch the fat by substituting Lowfat plain Muuna cottage cheese for mayonnaise. Make a batch of this at the beginning of the work week and you'll have a hearty lunch ready whenever you need it!

INGREDIENTS

Salad:

- 2 6-oz. Cans of tuna, drained
- 2 Tbsp. Celery, chopped
- ½ Red onion, minced
- 1 tsp. Fresh flat-leaf parsley, chopped

Dressing:

- 1/3 cup Lowfat plain Muuna cottage cheese
- ½ Lemon, juiced
- 1 tsp. Dijon mustard
- 2 Tbsp. Sweet pickle relish

INSTRUCTIONS

- 1) Combine salad ingredients in a bowl and stir.
- 2) Mix dressing ingredients in a separate bowl until combined.
- 3) Add salad ingredients and dressing ingredients together.
- 4) Eat as is, spoon into romaine lettuce leaves, or serve on bread.