

## TUNA SALAD TUG

### TUNA SALAD mix

1 large can tuna  
2-3 TBSP mustard  
1 TBSP organic real mayonnaise OR plain greek yogurt  
1 whole lemon – juice  
2-3 chives – finely dice  
handful cilantro – finely dice  
2 stalks celery – finely dice  
dried chili pepper flakes – couple shakes to taste

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### TUG

2-3 large organic color bell peppers, cut in half &  
take out heart with seeds

Avocado (optional)

Mozzarella or parmesan cheese (optional)

romaine lettuce – chopped for a sea of salad

Lemon for dressing – squeeze juice over serving

Directions...

### Tuna Salad

Combine all ingredients for tuna salad mix, cut bell peppers in half and stuff with tuna salad. You can either chill for a bit and serve over romaine lettuce with a squeeze of lemon juice overall as dressing OR add a sprinkle of cheese and toast in the oven at about 350 for 5-10 minutes, just enough time to see a cheese melt and look a little toasty! Either way, serve over sea of salad with lemon juice drizzled over serving!

AVO – slice avocado slivers and add right on top ~ as a little life raft ;)

ENJOY ~~!



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