

Classic Tuna Salad

Recently, I served on the Hospitality Committee for the Culinary Historians of Southern California presentation by Barbara Fairchild, longtime Editor of Bon Appetit. We made the Classic Tuna Salad from Bon Appetit to offer during the tasting. I've made a lot of tuna salads in my day, but this tuna salad had a flavor punch that was so yummy, I kept wanting more. Serve it on lettuce leaves, on slices of French bread or in a sandwich between 2 slices of good quality bread.

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| 2 large | celery stalks, finely chopped | 2 Tablespoons | parsley, coarsely chopped |
| ¼ small | red onion, finely chopped | 1 teaspoon | Dijon-style mustard |
| 1 5-ounce can | tuna, water-packed and drained | 1 Tablespoon | fresh lemon juice |
| ¼ cup | mayonnaise | 3 grindings | pepper to taste |
| 2 Tablespoons | capers drained and finely chopped | | |

- 1 Using a fork, mix celery, onion, tuna, mayonnaise, capers, parsley, mustard, lemon juice and pepper in a medium bowl, breaking up any large pieces of tuna, until well combined.
- 2 Serve atop lettuce leaves, French bread slices or between 2 slices of bread for a delicious sandwich.

Servings: 4

Preparation Time: 11 minutes

Total Time: 11 minutes

Nutrition Facts

Nutrition (per serving): 123 calories, 56 calories from fat, 6.4g total fat, 21.9mg cholesterol, 429mg sodium, 181.3mg potassium, 5.7g carbohydrates, <1g fiber, 1.5g sugar, 10.8g protein.

Source

Source: Bon Appetit, June 2015

