



Homemade Tuna Salad



ingredients

- 10 oz of tuna
- 2 tablespoon of plain yogurt
- Mustard
- Black pepper
- Pickles
- Onion
- Optional (shredded cheese, carrots, cabbage, cucumber, black olives)

instructions

- Drain tuna
- Mix yogurt in with tuna slowly until you reach your favorite consistency
- Season to taste with mustard and black pepper
- Dice pickles and onions and mix in
- Add any of the optional ingredients if desired

