

Trim Healthy
W I S D O M

Laughing Lean Tuna Salad (FP)

Here's a way to enjoy tuna salad without overdoing density. Mayonnaise, while an on-plan food, is high density. It is not the smartest frequent option for women in challenging pausal seasons who have a way to go restoring and building their CLBM. This tuna salad has all the flavor... perhaps even more than regular tuna salad... but it is far more easily burned. Best of all... you can have it in E Meals with on-plan bread options!!!

Dill relish (purchased unsweetened) is a great add-in option here. If you want it sweetened... and we think it tastes better that way... add 1 tablespoon (or more if you prefer) [TH Gentle Sweet](#) to the jar. Or do the same with unsweetened bread pickles and dice them yourself.

INGREDIENTS:

- 1 single-serve pouch or can of tuna
- 1½ - 2 Light Laughing Cow cheese wedges (save the other half for another purpose)
- 1 - 2 tsp mustard

Add-In Options

- pickled jalapenos (diced)
- dill relish (with added on-plan sweetener)
- onion (diced; small amount)
- sauerkraut or kimchi (small amount)

INSTRUCTIONS:

1. Place tuna, Light Laughing Cow Cheese, and mustard in a small bowl and mix well with a fork. Add all other ingredients and mix again.

