

Easy Tuna Salad Sandwich



Quick, easy to prepare, and incredibly satisfying, our celery tuna salad is the perfect choice for a hassle-free complete meal. A delicious solution in no time!

This recipe highlights the vegetables received in the no-waste box from [Improve](#), a NPO dedicated to reducing food waste by delivering surplus or unsold fruits and vegetables to you every week. It's a delicious way to support sustainability while practicing creativity in the kitchen!

Preparation 10 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 440

Fat 21

Carbohydrates 40

Fibre 7

Protein 27

Sodium 820

Ingredients

Sauce

- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) Dijon mustard

Tuna Salad

- 2 small cans of tuna (85 g) in olive oil, drained
- 80 ml (¼ cup) finely chopped celery
- 80 ml (¼ cup) finely chopped red onion
- 3 small garlic pickles, chopped
- Pepper, to taste

Sandwich

- 4 lettuce leaves
- 4 slices of whole wheat bread (St-Méthode type), toasted

Preparation

1. In a medium bowl, mix the ingredients for the sauce, reserving ? in a separate small bowl.
2. In the bowl with ? of the sauce, incorporate the ingredients for the tuna salad.
3. To assemble the sandwich, spread half of the reserved sauce on one slice of bread, add two folded lettuce leaves on the bread, followed by half of the tuna salad, and close the sandwich with another slice of bread. Repeat the steps with the second sandwich.
4. Serve immediately

Notes

Can be stored in the refrigerator for 2-3 days and cannot be frozen.



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