

World's Easiest, No Fail, Tuna Salad

Ingredients

(Only two!)

Garlic spread / dip

1 can of tuna

Optional: green onions, parsley or cilantro



I always add something green because I like greens in my food. This tuna salad is perfect for wraps and sandwiches--with some baby spinach and a thin slice of red onion.



I use a garlic spread I buy at Trader Joe's. I like it because I don't have to add anything, and it's perfect. When I'm driving up Rt. 17, I stop there for a couple of minutes to grab some essentials. This spread is one of them. I'm sure other stores have similar garlic spreads. I just never needed to look for it anywhere else.

Directions

Strain the tuna, then mix it together with 2-3 tablespoons of the garlic spread.





Here I used romaine hearts instead of wraps (only because I didn't have any wraps at home). You can also use just a plain ol' slice of bread! I like it this way, as well.



I hope you will find this recipe easy and useful.

Enjoy!!