



Tuna Salad with Cucumber

15 min

CA

OR

WA

5

Ingredients

15 oz canned, troll-caught West Coast albacore tuna (2-3 cans, depending on can size)

1 cup carrot, peeled and coarsely grated (about 2 medium carrots)

2 cups diced cucumber

1 1/2 cups peas, canned and drained or thawed from frozen

3/4 cup low-fat Italian salad dressing

Place drained tuna in a medium bowl.

Use a fork to break apart chunks of tuna.

Add carrot, cucumber, peas and salad dressing.

Mix well.

Serve immediately or make ahead, cover and refrigerate until ready to serve.
Serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

Notes: Refrigerate leftovers within 2 hours.

Recipe by Oregon State University [Food Hero Program](#)

Species Group

Albacore Tuna