



Pickle Ranch Tuna Salad



Entire recipe: 192 calories, 6.5g total fat (0.5g sat. fat), 766mg sodium, 5.5g carbs, 0.5g fiber, 2g sugars, 27g protein

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Prep: 5 minutes



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Ingredients

1 tbsp. fat-free plain Greek yogurt
1 tbsp. light mayonnaise
2 tsp. chopped fresh dill, or more for topping
1/2 tsp. ranch dressing/dip seasoning mix
One 5-oz. can albacore tuna packed in water, drained and flaked
2 tbsp. chopped dill pickles
2 tbsp. finely chopped red onion
Serving suggestions: low-carb tortilla, whole-grain crackers, lettuce cups, whole-grain bread

Directions

In a medium bowl, combine yogurt, mayo, dill, and ranch seasoning mix. Stir until smooth and uniform.

Add tuna, pickles, and onion. Mix well.

MAKES 1 SERVING

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