



## 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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