

[HEALTHY RECIPES WITH TUNA](#)



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Tuna recipes BBC Good Food

All our recipes are tested thoroughly by us to make sure they're suitable for your kitchen at home. We know many of you are concerned about healthy eating, so we send them to a qualified nutritionist for thorough analysis too.

<http://ebookslibrary.club/Tuna-recipes-BBC-Good-Food.pdf>

Tuna Recipes Allrecipes.com

A bit of parsley, a smidgen of garlic powder, a splash of lemon juice, and of course, tuna, celery, onion, and mayonnaise. This is a great tuna salad that works for a sandwich, stuffed into a plump tomato, or spooned onto fresh salad greens.

<http://ebookslibrary.club/Tuna-Recipes-Allrecipes-com.pdf>

Best 25 Healthy tuna recipes ideas on Pinterest Tuna

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Serve it as a salad, in a wrap, with crackers or as an open-faced melt!

<http://ebookslibrary.club/Best-25--Healthy-tuna-recipes-ideas-on-Pinterest-Tuna--.pdf>

Healthy Tuna Melt Recipe iFOODreal Healthy Family Recipes

In a small bowl, add tuna, cream cheese, salt, pepper and garlic powder; mix with a fork. Cut English muffins or bagels in half and toast. Divide tuna mixture between 4 toasts, top with 1 tbsp cheese, place on baking sheet and broil on High for 6-7 minutes or until cheese is melted and browned a bit.

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Tuna Recipes 9 Ways To Make Canned Tuna More Exciting

Simply slice up a cucumber and top each wheel with a dollop of tuna salad. While this recipe calls for peeling the cucumber, if you're especially crunched for time, that's totally not necessary.

<http://ebookslibrary.club/Tuna-Recipes--9-Ways-To-Make-Canned-Tuna-More-Exciting--.pdf>

Healthy Tuna Salad Restaurant quality recipes you can

Tuna is a great option for a healthy choice. Traditionally, tuna salad is loaded with mayonnaise which adds a lot of extra calories and fat, without any added health benefits.

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