

## [HEALTHY TUNA RECIPE](#)



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Quinoa is one of our favorite whole-grains because it is gluten-free, loaded with protein and contains all of the essential amino acids. In this recipe, we've paired the quinoa with quickly seared tuna steaks for a delicious main-dish salad that's ready in under an hour.

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Healthy Tuna Melt Recipe with wild tuna, a bit of cream cheese and no mayo, served on whole grain English muffin.

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### **Healthy Tuna Salad Recipes EatingWell**

The tuna in this great-looking stuffed tomato recipe isn't your typical mayo-based affair. The sherry vinaigrette does double duty: it adds fresh flavor to the tuna filling and also dresses the baby arugula and white bean salad.

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Tuna Salad is a simple comfort food favorite. This recipe has been lightened up, for a healthy tuna salad that tastes great and is good for you too!

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### **Healthy Tuna Salad Recipe Italian Style Vikalinka**

This healthy tuna salad recipe is for those of you who won't go near the standard mayonnaise laden potluck fare. It's a tuna salad made the Italian way! I've been itching to share this recipe for my tuna salad for ages but was afraid that the name itself would put people off.

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