



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Tuna Salad

Makes 1 serving

Ingredients:

½ can albacore tuna (in water)
¼ cup plain Greek yogurt
¼ cup red onion (minced)
¼ cup grape tomatoes (halved)
2 TBSP parsley (chopped)
1 tsp balsamic vinegar
Salt and pepper to taste
Serve with whole wheat bread, 100% whole grain crackers, or fresh veggies



Directions:

1. Mix all ingredients together in a medium bowl.
2. Serve with whole wheat pita bread, 100% whole grain crackers, or fresh cut vegetables.

Nutrition facts:

1. Canned albacore tuna contains up to 10 times as much heart-healthy omega-3 fatty acids as light canned tuna.
2. Traditionally, tuna salad is made by mixing canned tuna fish and mayonnaise. However, this more nutrient-filled alternative recipe uses plain Greek yogurt for added protein and calcium. It also incorporates red onion, tomato, and phytonutrient-rich herbs and seasonings for flavor.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.