

Healthy Tuna Salad

Crispy crunchy salad with homemade garlic-yogurt dressing

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INGREDIENTS

- 1 small salad head
- small bunch of arugula (optional)
- half of a cucumber
- 1 small white onion
- 2 medium carrots
- 20 cherry tomatoes or 3 regular tomatoes
- 1 can of tuna in water

- 2-3 tbsp natural flavoured yogurt (I use Greek yogurt)
- 1 garlic clove
- salt
- black pepper



DIRECTIONS

1. Start by washing all of the vegetables well.
2. Slice the salad and arugula roughly and add to a big bowl.
3. Cube the cucumber and finely dice the onion. Add to the bowl with the salad.
4. Peel the carrots and grate on a grater. Also add into the salad bowl.
5. Half the cherry tomatoes and add them also to the salad bowl.
6. Strain the water from the tuna and crumble the tuna chunks into the salad.
7. Measure 2 tablespoons of yogurt into a small bowl. Peel the garlic and press through a garlic press into the yogurt (alternatively you can dice the garlic finely). Season with some salt and pepper and give a good mix. Add the dressing to the salad and mix the salad well so that all of the vegetables are covered with the yogurt dressing.
8. Serve fresh as a side salad or as a light meal on its own.