



Easy Kale & Apple Tuna Salad

2 servings
10 minutes

Ingredients

- 1 can Tuna (drained)
- 1 stalk Celery (chopped)
- 2 cups Kale Leaves (finely sliced)
- 1/2 Carrot (grated, optional)
- 1 Apple
- 2 1/3 tbsps Sunflower Seeds (optional (about 2 tbsp))
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Nutrition

Amount per serving	
Calories	256
Fat	9g
Saturated	0g
Carbs	23g
Fiber	6g
Sugar	11g
Protein	20g
Cholesterol	30mg
Sodium	369mg