Easy Tuna/Chicken/Egg Salad

Cold salads are typically easy to make, inexpensive to prepare, and can transform canned products into creamy deliciousness. Cold salads can be made with any canned meat (salmon, tuna, chicken, etc.) or fresh products like hardboiled eggs or shredded/cubed leftover chicken.

Quick Salad Sandwich

1. Place 3-5 oz canned/shredded meat or chopped up hardboiled egg in a bowl.

2. Add 2-3 tbsp. mayo or plain greek yogurt, a squeeze of mustard, and 2-3 tsp. dill or sweet relish. Mix all ingredients in bowl together, seasoning with salt/pepper as desired.

3. Optional other additions: onion, celery, diced apple, dried cranberries, corn, cubes of cheese, chopped nuts, lemon/lime juice, etc. Get creative with your favorite flavors or look online for delicious combinations.

4. Place two pieces of whole grain bread on a plate. Spoon salad mixture on one side, then top with lettuce/tomato. Place other slice of bread on top and serve.

* Can also be eaten with crackers, in a tortilla with some veggies as a wrap, or on top of a bed of greens.

To reduce the risk of illness:

Wash all produce thoroughly under running water before preparing and/or eating.

Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.

Refrigerate perishable foods promptly and consume by expiration date.