



Better Than Mom's Tuna Salad (Creamy, Crunchy & Clean)

This isn't the tuna salad you grew up with—and that's exactly the point. This *Better Than Mom's Tuna Salad* is fresh, creamy, and full of texture, without the heavy mayo overload. Wild-caught tuna, crunchy celery, briny capers, and a tangy pickle bite come together with yogurt and avocado mayo for a lighter, more balanced version that still delivers big flavor.

It's quick, nourishing, and versatile—perfect over peppery arugula for a fresh meal, or piled onto your favorite ancient grain bread when you want something heartier.

Watch the demo on my YouTube channel.

Check out my article, Tuna: Superfood or Toxic Trap? How to Choose Well.

Ingredients

- 1 can pole- & wild-caught tuna (I like **Wild Planet**)
- 1 green onion (white & green parts), sliced
- 1 rib celery (stalk + leaves), chopped
- 1 teaspoon capers, finely chopped
- ½ teaspoon coconut aminos
- 1 tablespoon dill pickle relish
 - *(If you don't have relish, finely chop a dill pickle)*
- 1 tablespoon plain yogurt
- 2 tablespoons avocado mayo
- Salt & pepper, to taste
- 1 cup arugula, for serving

Instructions

1. If your tuna is packed in water or oil, drain it well. Add it to a bowl and flake with a fork.
2. Add the green onion, celery, capers, coconut aminos, dill pickle relish, yogurt, avocado mayo, salt, and pepper.
3. Mix gently until well combined.
4. Serve over a bed of fresh arugula, or spoon onto your favorite ancient grain bread.