




Tuna Salad

Item	Amount	Available /Bought
	1 can – 12 ounces (about 340 grams) Albacore Tuna in Water	
	1 medium (about 4 ounces / 100 grams) Spanish Onion	
	5 ounces / 120 grams Celery Stalks	
	1 Lemon	
	1/3 cup Olive Oil Mayonnaise	

Tuna Salad (continued)

Item	Amount	Available /Bought
	<p>1 teaspoon Sea Salt - Fine</p>	
	<p>1/2 teaspoon Ground Black Pepper</p>	