Protein-Packed Tuna Egg Salad

A quick, high-protein salad blending hard-boiled eggs and tuna with a light mayo dressing, perfect for a low-carb, muscle-friendly meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large hard-boiled eggs, peeled and chopped
- 1 can (5 oz) tuna in water, drained
- 2 tablespoons light mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon finely chopped celery
- 1 tablespoon chopped green onion
- Salt and black pepper to taste
- Optional: a pinch of smoked paprika

Instructions

1. In a medium bowl, combine chopped hard-boiled eggs and drained tuna.
2. Add light mayonnaise and Dijon mustard, mixing gently until well blended.
3. Fold in chopped celery and green onion for crunch and freshness.
4. Season with salt, pepper, and optional smoked paprika.
5. Serve chilled on a bed of greens or as a sandwich filling.

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