

Southwestern Tuna Salad

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You can make a single serving for one or a large serving for many; the choice is yours. Amounts are general, so you can add as many or as little of anything as you like, according to your taste.

Here's what you'll need:

Canned tuna in water (regular or albacore, your choice)

White vinegar

Oil (olive oil or another type of healthy oil)

Chopped, fresh, ripe tomatoes

Sour cream or regular, plain yogurt

Corn tortilla chips, unflavored (i.e., Tostitos)

Sweet onions, minced OR spring onions OR chives (optional)

Fresh parsley, chopped (optional)

Instructions:

1. Drain the tuna and empty into a dish or bowl; separate the flakes with a fork and mix-in the minced onions (or spring onions or chives), if desired., and salt and pepper to taste.
2. Clean and chop the tomatoes into bite-sized pieces and arrange over the tuna.
3. Mix (shake) the oil and vinegar in a separate covered container, and drizzle over the tuna and tomatoes.
4. Top with a dollop of sour cream or plain yogurt and sprinkle with fresh parsley, if desired.
5. Eat with corn chips, making sure you get a little bit of every ingredient with each bite.

Enjoy!