



Mock Tuna Salad

Author: Amber Gibson

Serves 8—1/4 cup servings

Protein: 0.56 g

Calories: 31

Prep time: 15 minutes | Total Time: 20 minutes

Ingredients

1 20oz can Jackfruit in brine, rinsed and drained

1 (40g) Stalk Celery, finely chopped

1/4c finely chopped red onion

1 TBSP Finely chopped fresh Dill

3 TBSP Miracle Whip Dressing

½ to 1 tsp garlic powder

Salt and Pepper to Taste

Directions

Drain and rinse the jackfruit and pulse in a food processor until it's shredded and resembles canned tuna. If you don't have a food processor you can chop it with a knife.

Put the jackfruit in a medium mixing bowl and add the celery, onion, dill, Miracle Whip, garlic powder, and salt and pepper and stir until it's fully combined. You can serve this with your favorite low protein crackers, on your choice of greens, or as a sandwich your bread of choice. Enjoy!