

Metabolic Mayo-Free Tuna Salad

When trying to lose weight and burn fat, one of the best ways is to make your healthy Mediterranean diet metabolic and replacing mayonnaise with heart-healthy omega-3 oils instead. Mayo is usually made with oils high in generally pro-inflammatory omega-6 fatty acids, which compete with the omega-3s in fish for space in your cell membranes. If you're ready to lose that weight and say goodbye to your aches and pains, throw out that mayo and replace it with LynFit Super Omega 3 Oils and dressings instead.

Ingredients:

- (4-6) Cherry tomatoes
- (¼) Small red onion, minced
- (12 oz. [4 pouches]) Albacore Tuna, drained
- (1 rib) Celery, chopped
- (2 tbsp.) LynFit Super Omega 3 Oil or Dressings
- (2 tbsp.) Chopped fresh basil, cilantro, or parsley leaves
- Lemon pepper seasoning (if Super Omega Oil or Dressing is used, omit)



Directions:

- Slice cherry tomatoes in half
- To mellow the minced onion, soak it in cold water for 10 minutes, then drain it well, pat dry and add to the cherry tomatoes
- Add the tuna, breaking it into large chunks, along with the celery and toss to combine.
- Add the Super Omega 3 Oil or Dressing and toss
- Season, to taste, with salt and pepper.
- Serve lettuce wraps instead of whole grain bread or on top of mixed greens or cucumbers