

Tuna Salad Sandwich

This recipe makes about 3 cups



Ingredients

- 1 - 12 oz can of tuna in water
- 2 whole dill pickles
- 1 stalk of celery
- ½ red onion
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- ¾ cup plain yogurt (not Greek)
- ¼ tsp of smoked paprika
- ¼ tsp of sumac (optional)

- Bread or pita bread (optional)

Directions:

1. Drain the can of tuna
2. Dice the pickle, onion, and celery
3. Add all ingredients to a bowl and mix well (see notes for an alternative method)
4. Add parchment paper to your trays and spread the tuna salad evenly onto your trays
5. Add dividers if using. We like the 20-portion setting
6. If you want to freeze dry bread or pita bread add those to your trays. Pita bread can be cut into triangles.
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 60 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 of your 20 divider portions or about 1 cup of the freeze-dried tuna salad to a bowl. Add about ½ cup of cold water and stir. Cover and let it sit for 5 minutes. Enjoy

To rehydrate the bread, add slices of bread to a ziplock bag with a damp paper towel. We let ours sit in the refrigerator overnight.

For the pita chips, you can use them freeze-dried as chips to scoop and eat your tuna salad

Notes:

An alternative way to prepare this is to add all the ingredients except for the Greek yogurt before you freeze dry, and while rehydrating, add 2 tbsp of mayo and 2 tbsp of water.

Store this in meal-size portions for easy grab-and-go for road trips or camping.

Nutritional Value Per 1 cup of tuna salad with yogurt and without bread or pitas

Calories 131 Carbohydrates 6 g Protein 20 g Fat 2 g Sugar 4 g Fiber 1 g