



# Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



## Tuna Salad

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. Nonna makes a delicious tuna salad. The recipe is very versatile. You can swap the main ingredient (canned tuna) for leftover turkey, chicken, ham, or most precooked meats.

### Ingredients:

- 1 pint canned tuna
- 1 cup red apple (peeled and chopped) (green apple, if you prefer)
- 1 cup purple onion (chopped)
- 1 can sliced black olives (2.25 ounces)
- 1/2 cup dill pickles (chopped)
- 2 hard boil eggs (chopped)
- 1 small bag pine nuts (2.25 ounces)
- Dan Pastorini's Garlic and Herb Seasonings
- Gumbo Daddy's Cajun Seasonings
- Jacobsen's Ghost Chili Salt
- Hungarian Paprika
- 1 Cup Duke's Mayonnaise (might need more or less mayo - it is about texture not an exact amount)

### Preparation

1. Open and drain the tuna. Make sure the tuna (or whatever meat you use) is chopped up. (See Note 1)
2. Add meat, apple, onion, olives, pickles, eggs, nuts, to a large mixing bowl.
3. Add seasoning. Nonna did not measure, but she likes a good southern kick to her food. Season to your taste!
4. Start with 1/2 a cup of mayonnaise. You'll probably need 3/4 to 1 cup mayo. However, it is best to start with too little.
5. Mix thoroughly.
6. Watch texture. The ingredients should be neither too dry nor too wet. Look for a nice moist even texture. Make sure all the ingredients are mixed together.
7. Add more mayonnaise as you see fit.
8. Once you have the texture you like, taste it.
9. Add more spices as you see fit.
10. Serve (see Note 2).

**Note 1:** While Nonna uses canned tuna for this recipe, you can swap out the tuna with canned chicken, or leftover cooked chicken, turkey, or ham to name a few ideas.

**Note 2:** You can serve this in any number of ways. With chips (as a dip), as a sandwich, or as a keto snack (all by itself). You can use this to make stuffed tomatoes or avocados. I am sure there are 8 million others ways to serve this scrumptious salad, for sure!

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

