

Southern Apple Tuna Salad

I grew up eating a similar tuna salad, I have since adjusted it to be a little healthier than before. The apples make it fresh and delicious! Serve on bread of your choice with lettuce. Yum!

Recipe by [Alejandra Fernandez](#) | Created on **Nov 7, 2021**

Ingredients

- 2 (5 ounce) cans tuna, drained
- 1 tablespoon olive oil
- 1 tablespoon mayonnaise, or more if needed
- 1 small apple - peeled, cored, and chopped
- ¼ small onion, minced
- 1 tablespoon sweet pickle relish
- ½ teaspoon dill weed
- salt and ground black pepper to taste

Directions

- Stir the tuna, olive oil, mayonnaise, apple, onion, relish, and dill together in a bowl until evenly mixed. Season with salt and pepper. You can serve immediately, though it tastes much better after being refrigerated overnight.

Nutrition Facts

Serving: **4 servings** | Calories: **148.3 kcal** | Carbohydrates: **5.6 g** | Protein: **16.2 g** | Saturated fat: **1 g** | Cholesterol: **20.2 mg** | Sodium: **121 mg** | Fiber: **0.8 g** | Sugar: **4.1 g**

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