

Michael Bauer's Tuna Salad

Serves 4, or enough for 6 sandwiches

Executive Food & Wine Editor Michael Bauer says he doesn't generally like sweet elements in savory dishes, except when it comes to tuna salad. He's made this recipe since he was about 10 years old and learning to cook. Ingredients vary depending on what's on hand, but the mixture nearly always includes carrots, celery and apples. Flavors are more complex when served immediately; refrigerating overnight brings out the sweetness of the pickle relish.

2 (6-ounce) cans white
albacore tuna packed in
water

Juice and zest of ½ Meyer
lemon

Kosher salt, to taste

½ cup diced carrots (about
½ carrot)

⅔ cup diced celery, in-
cluding leaves (about 2
stalks)

1 cup diced apple (about
½ apple)

½ cup finely diced red
onions (about ¼ onion)

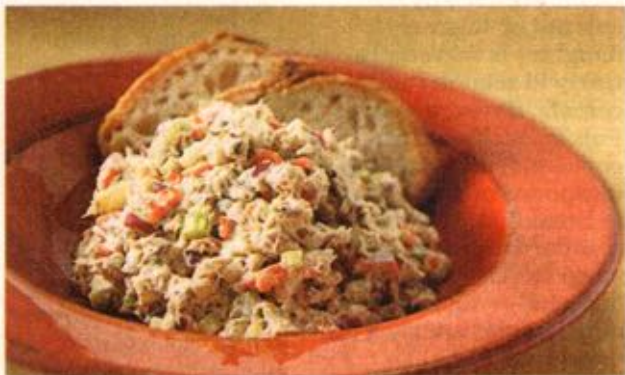
2 tablespoons capers,
coarsely chopped

1 tablespoon sweet pickle
relish

½ cup mayonnaise

Ground black pepper, to
taste

Instructions: Drain tuna. Add
cold water to the can to rinse.
Drain again by pressing down
the top of the can to extract



most of the liquid.

Place tuna in a bowl, add the
lemon juice, zest and salt to
taste. Stir to flake tuna.

Add carrots, celery, apple,
onion, capers and relish and stir
to distribute ingredients.

Stir in the mayonnaise and
add salt and pepper to taste.

Stir again. Refrigerate until
ready to serve.

Per serving: 330 calories, 21 g
protein, 5 g carbohydrate, 25 g
fat (4 g saturated), 50 mg
cholesterol, 675 mg sodium, 1 g
fiber.

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