

# 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 1/2 Meyer lemon

Kosher salt, to taste

1/2 cup diced carrots (about 1/2 carrot)

2/3 cup diced celery, including leaves (about 2 stalks)

1 cup diced apple (about 1/2 apple)

1/2 cup finely diced red onions (about 1/4 onion)

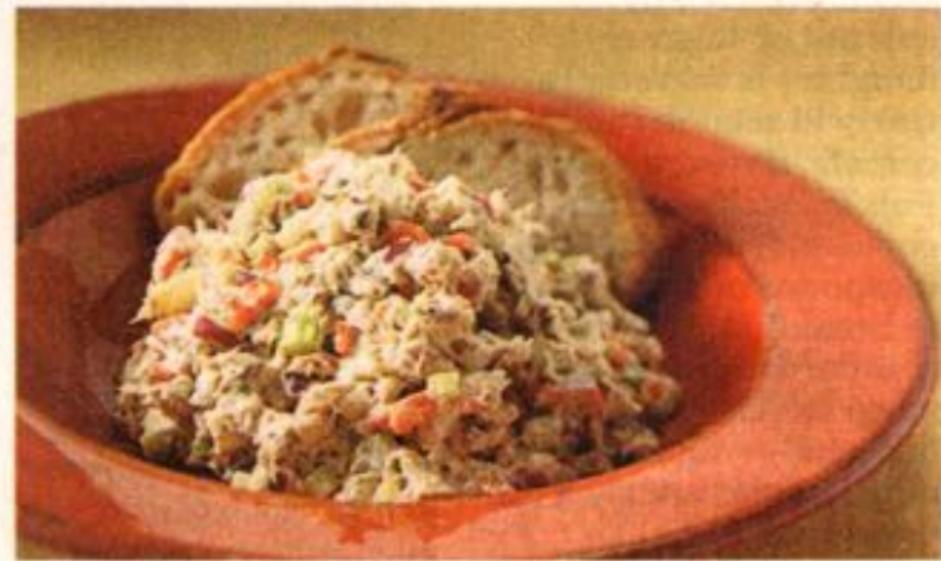
2 tablespoons capers, coarsely chopped

1 tablespoon sweet pickle relish

1/2 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.

**XNiP code:** ECK4