

Protein-Packed Tuna Salad with Eggs

Bright, zesty, crunchy, and just the right amount of spicy, this easy tuna salad with eggs is a fast and easy lunch that's packed with protein!



★★★★★
4.89 from 9 votes

Course: Entree/Salad, Lunch Cuisine: American/Mediterranean
Diet: Gluten Free Servings: 4 Author: [Suzy Karadsheh](#)

Ingredients

- 2 (6-ounce) cans water-packed tuna, drained
- 2 large hard boiled eggs, chopped
- 1 to 2 jalapeños, seeded and finely chopped (you can leave some seeds if you like it more spicy)
- 2 celery stalks, finely chopped
- 2 green onions, finely chopped
- 1/4 cup pitted and finely chopped green olives
- Kosher salt
- Black pepper
- 1/2 to 1 teaspoon [red pepper flakes or Aleppo pepper](#)
- [Dijon Vinaigrette](#)
- 2 tablespoons chopped fresh parsley
- Whole grain bread or lettuce leaves, to serve

Instructions

1. **Make the tuna salad.** In a medium mixing bowl, combine the tuna, eggs, jalapenos, celery, green onions, and olives. Season with a big pinch of salt, pepper, and red pepper flakes.
2. **Dress and serve.** Pour 1/2 cup of the Dijon Vinaigrette all over the tuna salad. Toss gently until well combined. Taste and adjust seasoning to your liking. If you need to, add more of the vinaigrette and toss again. Garnish with the parsley and serve, on whole grain bread or lettuce wraps if you'd like.

Notes

- **Shop this recipe:** Visit [our shop](#) to browse quality Mediterranean ingredients, including the [olive oil](#), [olives](#), and [Aleppo pepper](#) used in this recipe.
- **To Store:** This recipe will keep in the refrigerator for up to 5 days.

Nutrition

Calories: 132.1kcal | Carbohydrates: 1.7g | Protein: 19.6g | Fat: 4.8g | Saturated Fat: 1.2g | Polyunsaturated Fat: 0.7g | Monounsaturated Fat: 2.1g | Trans Fat: 0.003g | Cholesterol: 123.8mg | Sodium: 356.7mg | Potassium: 231mg | Fiber: 0.7g | Sugar: 0.7g | Vitamin A: 560.7IU | Vitamin C: 8mg | Calcium: 41.3mg | Iron: 2mg

QR code

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