



## Edamame Tuna Salad

*Is your post bariatric surgery diet feeling bland or repetitive? This weight loss friendly recipe is perfect to meet your protein requirements for the day; it includes tuna and edamame!*

### Ingredients:

- 1 small can of tuna (4-5 oz)
- 2 Tbsp hot chili oil
- 2 tsp minced onion
- Salt and peper to taste
- 1/4 cup shelled edamame

### Directions:

1. Mix tuna, chili oil, minced onion in a bowl
2. Add salt and pepper to taste
3. Blend in edamame
4. Serve and enjoy!

*"It's not about what it is, it's about what it can become." - Dr. Suess*

