## Tuna and Cabbage Salad Makes 4 Servings

## Ingredients

- □ 2 (5-ounce) cans of tuna in water, drained
- □ 1/2 small head of purple cabbage, shredded (about 4 cups)
- □ 1/2 cup shredded carrots
- □ 2 teaspoons vinegar, such as apple cider vinegar, red wine vinegar or white wine vinegar
- 1 1/2 tablespoons olive oil or canola oil
- □ 1 teaspoon spice blend

## Directions

- 1. Mix drained tuna, cabbage and carrots in a large bowl.
- 2. Mix vinegar, oil and spices in small bowl. Then add to the tuna mix. Stir.
- 3. Store in a sealed container in the refrigerator for up to 5 days.



Recipe from: Feeding Pennsylvania and PA Eats



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