

Making the Whole Foods Tuna Salad Recipe



Recipe Card

Course	Lunch, Salad, Sandwich
Cuisine	American
Featuring	Copycat Recipe, Creamy Tuna Salad, No-Cook Meal, Quick Lunch
Prep Time	15 minutes
Cook Time	0 minutes
Total Time	15 minutes
Servings	4 servings

Calories	380 kcal
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Ingredients

- 2 (5 oz / 142g) cans **solid white albacore tuna** in water, drained very well
- 1/2 cup **mayonnaise**, full-fat and high-quality
- 1/4 cup **celery**, finely diced (about 1 large stalk)
- 2 tbsp **dill pickle relish** (not sweet relish)
- 1 tbsp **fresh dill**, chopped
- 1/2 tsp **Dijon mustard**
- 1/4 tsp **kosher salt**, or to taste
- 1/8 tsp **black pepper**, freshly ground

For the best results, the quality of your three main ingredients is non-negotiable. Use solid white albacore tuna packed in water—it has a firmer, meatier texture. A top-tier, full-fat mayonnaise like Sir Kensington's or Duke's provides the right creamy base without being greasy. And please, use dill pickle relish; sweet relish will make the salad taste completely different.

Instructions

1. **Prepare the Tuna:** Open the cans of tuna and drain them thoroughly. I mean it—press out as much water as you possibly can using the back of a spoon or a fork. This is the single most important step to prevent a watery salad. Transfer the drained tuna to a medium-sized bowl.
2. **Flake the Tuna:** Use a fork to gently flake the tuna into smaller, bite-sized pieces. Don't mash it into a paste; you want to maintain some of that lovely, chunky texture.
3. **Add Vegetables and Herbs:** Add the finely diced celery, dill pickle relish, and

chopped fresh dill to the bowl with the tuna.

4. **Make the Dressing:** In a separate small bowl, whisk together the mayonnaise, Dijon mustard, kosher salt, and black pepper until smooth and well combined. This ensures the seasonings are evenly distributed.
5. **Combine and Fold:** Pour the dressing over the tuna mixture. **Use a rubber spatula to gently fold everything together until just combined.** Do not overmix. Overmixing can break down the tuna and make the salad pasty.
6. **Taste and Adjust:** Give the salad a taste. Add a pinch more salt or pepper if you think it needs it. Sometimes I add a tiny squeeze of fresh lemon juice to brighten it up, but that's optional.
7. **Chill for Best Flavor:** For the absolute best taste, cover the bowl and refrigerate the tuna salad for at least 30 minutes. This allows the flavors to meld and marry beautifully. It's good right away, but it's great after a short chill.
8. **Serve:** Serve your delicious copycat Whole Foods tuna salad on your favorite bread, in a lettuce wrap, with crackers, or straight from the bowl.

| Nutrition Facts

Calories	Fat	Carbs	Protein
380 kcal	31 g	2 g	22 g

Please note that nutrition information is an estimate and can vary based on the specific ingredients used.