



Creamy Dijon Tuna

- 1 can of tuna
- 1 tbsp Dijon mustard
- ¼ cup Greek yogurt
- salt and pepper to taste
- 1 cup whole wheat cooked pasta

Combine the Dijon mustard with Greek yogurt until well blended. Stir into tuna and then top over a cup of cooked, whole wheat pasta. Sprinkle with salt and pepper and any other spices you desire.