
Dr. Ruby's Sunflower Tuna Salad

Always a hit- everyone loves this dish!

Ingredients:

- 2 cups sunflower seeds (soaked 2 hours to overnight)
- 2-3 tablespoons chopped parsley
- 1-2 cloves of garlic
- ½ red or white medium onion
- 1 ½ stalks celery
- 3 tablespoons of dulse (seaweed)
- 2 tablespoon apple cider vinegar
- 2 tablespoon fresh lemon juice
- ¾ teaspoon sea salt
- 1.5 tablespoon brown or Dijon mustard
- 3 tablespoons grape seed oil "Veganise" or other mayo substitute.
- 1 large diced tomato
- 2 finely chopped medium kosher dill pickles



Directions:

1. Drain and rinse sunflower seeds
2. Finely chop parsley, onion, and celery or pulse in a food processor; set aside.
3. Mix dulse with apple cider vinegar and lemon juice in a small bowl.
4. Add sunflower seeds, garlic, dulse mixture, mustard, sea salt to food processor. Pulse until seeds are grounded and ingredients are well incorporated.
5. Combine sunflower seed mixture with parsley, onions, celery and Veganiase in a bowl. Gently mix in diced tomatoes. Serve.

Serving Suggestions: Wrap in romaine lettuce leaves or use as a dip for veggies such as red pepper slices or celery. Serve on a bed of mixed greens or with a side of raw crackers. Serve on toasted whole grain bread with lettuce and tomatoes. Serves 2 to 4.