

Low-FODMAP Cajun Tuna Salad / Tuna Melt Recipe; Gluten-free

A delicious and easy low-FODMAP Tuna Salad and Tuna Melt Recipe with a kick. Enjoy this low-FODMAP Cajun Tuna Salad in a low-FODMAP Cajun Tuna Salad Sandwich, on a bed of lettuce and tomato, or with melted cheese as a low-FODMAP Cajun Tuna Melt.

This low-FODMAP recipe is super easy, but you can make it even simpler with my **low-FODMAP Happy Spices Taco Seasoning**. (<https://rachelpaulsfood.com/low-fodmap-products/>)

Not only is it healthy, filling and packed with protein, but the low-FODMAP Cajun Tuna Salad is AMAZING. Not kidding. It's creamy and zesty, but not overly spicy. It tastes like a fancy restaurant meal. I couldn't stop eating it!

Check out our blog for **over 300 more low-FODMAP recipes** (<https://rachelpaulsfood.com/category/low-fodmap-recipes/>). You may also love these:

- **low-FODMAP Blackened Mahi- Mahi**
(<https://rachelpaulsfood.com/low-fodmap-blackened-mahi-mahi-fish-sandwich-gluten-free-dairy-free/>)
- **low-FODMAP Chicken Salad**
(<https://rachelpaulsfood.com/light-satisfying-low-fodmap-chicken-salad-recipe/>)
- **low-FODMAP Southwest Salad**
(<https://rachelpaulsfood.com/low-fodmap-southwest-salad-low-fodmap-southwest-dressing/>)
- **low-FODMAP Cobb Salad**
(<https://rachelpaulsfood.com/dr-rachels-favorite-low-fodmap-cobb-salad-recipe-gluten-free/>)
- **low-FODMAP Fancy Grilled Cheese sandwiches**
(<https://rachelpaulsfood.com/low-fodmap-fancy-grilled->

cheese-sandwiches-low-fodmap-maple-bourbon-reduction-gluten-free/)

Be healthy and happy,

Rachel Pauls, MD

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Although this recipe has not been tested, a single serving should be low-FODMAP based on the ingredients

Serves 4

Prep time: 15 min

Ingredients

- $\frac{1}{2}$ cup mayonnaise (check no high-FODMAP ingredients, and gluten-free if necessary)
 - I like Hellman's and Hellman's Light
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon paprika
- 2 teaspoon **low-FODMAP Happy Spices Taco Seasoning**
(<https://rachelpaulsfood.com/low-fodmap-products/>)
 - can also substitute 2 tsp cumin, 2 tsp ancho chili powder, $\frac{1}{4}$ tsp salt and $\frac{1}{8}$ tsp cayenne
- $\frac{1}{2}$ tsp black pepper
- 3 five ounce cans drained white solid Albacore tuna (for best results, but you can substitute any canned tuna variety if necessary)
- $\frac{1}{2}$ cup chopped red sweet pepper
- 2 tablespoons finely chopped celery
- 1 tablespoon chopped chives (green tip only)
- 1-2 tomatoes, sliced (optional, for serving)

For low-FODMAP Cajun Tuna Melts Version:

- 2 cups (or 160 g) cheddar, Colby or mozzarella cheese, grated or sliced; divided into 4 ($\frac{1}{2}$ cup) servings

Directions

- Place tuna in bowl and mince well with a fork until fine
- Add all additional ingredients and stir to combine
- Serve immediately with sliced tomatoes in low-FODMAP, gluten-free bread or bed of lettuce
- Can also refrigerate until desired (will last about 3-4 days), or prepare low-FODMAP Cajun Tuna Melts as below

To make low-FODMAP Cajun Tuna Melts:

- Prior to serving, lay 4 gluten-free, low-FODMAP buns or large slices of gluten-free, low-FODMAP bread on oven-safe tray
 - I used my **low-FODMAP Maple Egg Bread** (<https://rachelpaulsfood.com/low-fodmap-maple-egg-bread-recipe-simply-delicious/>)
- Distribute low-FODMAP Cajun Tuna Salad on buns/bread and top with tomato slices, then cheese
 - Can also layer the tomatoes following melting cheese, if you prefer your tomatoes crisp
 - Is delicious open-faced or in a layer low-FODMAP sandwich
- Place in toaster or under broiler until cheese is melted
- Serve immediately... absolutely delicious!

(<https://rachelpaulsfood.com/low-fodmap-products/>)