

TUNA SALAD

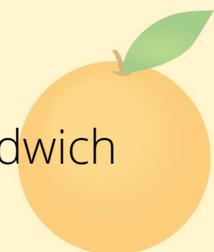


INGREDIENTS

- 4 cans of chunky light tuna
- 1 celery rib
- 4 dill pickles
- 1/2 cup onion diced
- 3/4 cup low fat greek yogurt
- 1/4 cup mayo
- optional: cucumbers and/or whole wheat bread

INSTRUCTIONS

1. Drain and empty the cans of tuna into a large bowl.
2. Add the diced celery ribs, pickles, and onions into the bowl
3. Add greek yogurt, mayo, and lemon juice into the same bowl
4. Add salt to taste and combine ingredients together
5. Refrigerate for 20 mins and serve as a sandwich or with sliced veggies



NUTRITION FACTS

Serving Size: 1

Number of Servings: 8

Calories	65
Total fat	2.4 g
Saturated fat	0.5 g
Cholesterol	17.3 mg
Sodium	288.5 mg
Total carbohydrates	2.9 g
Dietary fiber	0.2 g
Sugar	0.9 g
Protein	8.7 g
Calcium	4.2%
Iron	1.1%
Potassium	44.7 mg
Vitamin A	0.4%
Vitamin C	0.8%

