



Try it “Tuesdays”



Tuna Salad

Makes: 7 (1/2 cup) servings
Preparation Time: 15 Minutes
Cooking Time: 0

Ingredients

- 2 (6 ounce) cans tuna, drained
- 1 cup celery, chopped
- 1/8* cup mayonnaise
- 1/8* cup plain yogurt
- 1 cup seedless grapes, cut in half
- Lettuce leaves, washed and separated
- *1/8 cup is half of a 1/4 cup

Directions

In a medium sized bowl, combine drained tuna, celery, mayonnaise, and yogurt. Stir. Add grapes to mixture and stir gently. Cover and chill until ready to serve. Serve over lettuce leaves.

Be Creative! Try apples or mandarin oranges instead of grapes. Add shredded carrots. May also serve on crackers, tortillas, or bread.

For more information, Contact your local EFNEP office

Nutrition Facts

Serving Size (77g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 10g	

