



EATING SMART
BEING ACTIVE

Tuna Salad

Makes: 7 servings (½ cup per serving)

Preparation Time: 15 minutes

Ingredients

- 2 (5 ounce) cans tuna, drained
- 1 cup minced celery
- 2 tablespoons mayonnaise
- 2 tablespoons plain yogurt
- 1 cup seedless grapes, cut in half
- Lettuce leaves, washed and separated

Directions

1. Wash hands with soap and water.
2. Drain the cans of tuna.
3. Wash celery, grapes, and lettuce under cold running water.
4. Collect, chop, and measure all ingredients before starting to prepare the recipe.
5. Stir together tuna, celery, mayonnaise, and yogurt in a bowl.
6. Add grapes to mixture, and stir gently.
7. Cover and chill until ready to serve.
8. Serve on lettuce leaves.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Try apples or mandarin oranges instead of grapes, add shredded carrots, or serve on crackers, tortillas, or bread.

| Nutrition Facts | |
|--------------------------|---------------|
| 7 servings per container | |
| Serving size | 1/2 Cup (97g) |
| Amount Per Serving | |
| Calories | 80 |
| % Daily Value* | |
| Total Fat 4g | 8% |
| Saturated Fat 1g | 2% |
| Trans Fat 0g | 0% |
| Cholesterol 15mg | 3% |
| Sodium 140mg | 6% |
| Total Carbohydrate 5g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 4g | 8% |
| Includes 0g Added Sugars | 0% |
| Protein 9g | 18% |
| Vitamin D 1mcg | 2% |
| Calcium 27mg | 1% |
| Iron 1mg | 2% |
| Potassium 192mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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