

Tuna Salad

Ingredients:

- 6 ounces tuna in water, canned
- 1/2 onion
- 1 stalk celery
- 1 carrot
- 1 tablespoon lemon juice
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon sweet pickle relish

Equipment:

- Cutting Board
- Knife
- Mixing bowl
- Fork
- Measuring spoons

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Open tuna and drain juice. Add to bowl and break up with a fork.
2. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn ¼ and slice again to make dice. Chop up any large pieces. Add to bowl.
3. Wash and cut off both ends of celery. Cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up.
4. Wash carrot. Use a grater to shred carrot into small pieces, add to medium bowl.
5. Add lemon juice, mayonnaise, and sweet pickle to tuna and mix well.
6. Chill until ready to serve.

TIP: Can be served with whole wheat rolls, on a bed of lettuce or in tomato cups.

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| Nutrition Facts | |
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| Serving Size: 1/2 cup | |
| Servings: 4 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 18 |
| %Daily Value* | |
| Total Fat 2g | 4% |
| Saturated Fat trace 1g | 2% |
| Cholesterol 15mg | 5% |
| Sodium 225mg | 9% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 1g | 4% |
| Protein 11g | 23% |
| Vitamin A 102% | Vitamin C 8% |
| Iron 5% | Calcium 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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