



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

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

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



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