January 30- Tuna Salad

Smart Snack

Link: http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/tuna-salad-ii

Recipe

Ingredients:
- 2 cans tuna, drained (5 ounces each)
- 1 cup celery, chopped
- ⅛ cup mayonnaise
- ⅛ cup yogurt, low-fat plain
- 1 cup grapes, seedless (cut in half)
- 7 lettuce leaves, washed and separated

Directions:
1. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir.
2. Add grapes to mixture and stir gently.
3. Cover and chill until ready to serve.
4. Serve over lettuce leaves.

Yield 7 servings

Nutrition Facts

Serving Size 1 leave (93.14g)
Servings Per Container 7

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70</td>
<td>15</td>
<td>2%</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
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<td>6%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
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<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>&lt;1g</td>
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<tr>
<td>Sugars</td>
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<td></td>
<td></td>
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<tr>
<td>Protein</td>
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<td>17%</td>
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</tbody>
</table>

Vitamin A 2%    •    Vitamin C 2%
Calcium 2%       •    Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.