



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
- 1/8 cup mayonnaise
- 1/8 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	
Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	2%
Sugars 4g	
Protein 8g	17%
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	