



## Quick Tuna Salad (Less Chop, Large Font)

Store and refrigerate for a quick lunch or dinner on crackers, whole grain bread or pita. **\*\*Multiply by 4\*\***

<u>U.S.</u>		<u>Metric</u>
1 (4.5 oz) can	Light Tuna, in water, low sodium, drained	127 g
1/4 each	Red Onion, chopped in hand chopper	1/4 each
1 each	Celery Stalk, chopped in hand chopper	1 each
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste
1/2 tsp	Parsley, fresh, chopped in hand chopper	0.6 g
1 tsp	Olive Oil	5 mL
2 Tbsp	Yogurt, plain, low-fat	28 g
1 Tbsp	Lemon Juice	15 mL
8 each	Whole Grain Wasa Crackers	8 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all ingredients (except wasa crackers) into a large mixing bowl and chill for at least 15 minutes before serving.
3. Serve with wasa crackers.

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**Nutrition Facts****Serving size** 1/2 cup**Servings** 2**Calories** 160

Calories from Fat 15

Total Fat 1.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated  
Fat 0.5 g

Cholesterol 20 mg

Sodium 490 mg

Carbohydrates 14 g

Dietary Fiber 2 g

Sugars 2 g

Protein 19 g

Vitamin A 2 %

Calcium 4 %

Vitamin C 4 %

Iron 6 %

Phosphorus 131 mg

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