



## Quick Tuna Salad

Store and refrigerate for a quick lunch or dinner on crackers, whole grain bread, or salad greens.

**\*\*Multiply by 2 for class\*\***

### U.S.

1 (4.5 oz) can	Light Tuna, in water, low sodium, drained
1/4 each	Red Onion, diced small
1 each	Celery Stalk, diced small
1/8 tsp	Kosher
To taste	Black Pepper, ground
1 tsp	Extra Virgin Olive Oil
2 Tbsp	Yogurt, plain, low fat
1 Tbsp	Lemon Juice

### Metric

165 g
1/4 each
1 each
0.75 g
To taste
5 mL
35.63 g
15 mL

### **Serve Over:**

4 each                      Whole Grain Wasa Crackers

**OR**

4 cups                      Salad Greens (spring mix, arugula, spinach, etc.)

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all ingredients into a large mixing bowl and chill for at least 15 minutes before serving.
3. Serve each serving with 2 wasa crackers, over 2 cups of greens, or your favorite way to eat tuna salad!

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## **Nutrition Facts (Tuna Only)**

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2 Servings

**Serving size**                      **1/2 recipe**

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**Amount per serving**

**Calories**                              **120**

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<b>Total Fat</b>	3 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
<b>Cholesterol</b>	35 mg
<b>Sodium</b>	210 mg
<b>Total Carbohydrate</b>	3 g
Dietary Fiber	0 g
Total Sugars	2 g
Includes 0 g Added Sugars	
<b>Protein</b>	20 g
Vitamin D	0 %
Calcium	3 %
Iron	0 %
Potassium	300 mg
Phosphorus	5 mg

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