



Quick Tuna Salad

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

****Multiply by 2****

U.S.

1 (4.5 oz) can	Light Tuna, in water, low sodium, drained
1/4 each	Red Onion, diced small
1 each	Celery Stalks, diced
1/8 tsp	Salt
To taste	Black Pepper, ground
1/2 tsp	Parsley, fresh, chopped
1 tsp	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
1 g
5 mL
35.63 g
15 mL

Serve Over:

8 each Whole Grain Wasa Crackers

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.

Nutrition Facts

Serving size	1/2 cup
Servings	2
Calories	120
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	20 mg
Sodium	245 mg
Carbohydrates	5 g
Dietary Fiber	1 g
Sugars	2 g
Protein	18 g
Vitamin A	12 %
Calcium	5 %
Vitamin C	28 %
Iron	8 %
Phosphorus	0 mg
