

Tuna Salad with Grapes and Celery



This spin on a classic tuna salad includes fruits, vegetables, and Greek yogurt making it packed with fiber and low in saturated fat!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

2 (5oz) cans	Chunk Light Tuna, drained
¼ cup	Greek Yogurt, plain non-fat
½ each	Lemon, juiced
¼ tsp	Salt
¼ tsp	Black Pepper
½ cup	Grapes, small dice
2 stalks	Celery, small dice
4 each	Whole Wheat Sandwich Thins, toasted

CHEF'S NOTES

To drain the tuna, hold the lid of the can down and gently squeeze over a sink or garbage can to release the liquid.

Replacing mayonnaise with non-fat Greek Yogurt reduces saturated fat from around 2g per serving to 0g per serving. The addition of grapes and celery adds fiber which is important for gut health and lowers the risk for heart disease, diabetes, and certain cancers!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine the drained tuna, Greek yogurt, and lemon juice, salt, and pepper in a medium sized mixing bowl and thoroughly mix.
3. Add the diced grapes and celery, mixing to combine.
4. Scoop ½ cup of the mixture onto a toasted sandwich thin half for a tasty open- faced sandwich.

Nutrition Facts

4 servings per container

Serving Size 1/2 cups (124 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 430mg 19%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 13g 27%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.13mg 0%

Potassium 100mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

