Healthy Tuna Salad

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 10 minutes
Number of servings: 4

Ingredients:
2 cans (6 ½ oz) tuna, packed in water
½ cup chopped onions
½ cup chopped celery
1 sweet pickle, chopped
⅓ cup nonfat mayonnaise

Preparation:
1. Drain tuna. Mix all ingredients together and chill.

Nutrition information per serving:
FAT: 5% of calories from fat (low)
FIBER: less than 1 gram (low)
CALORIES: 133

TIP
Tuna packed in water has less fat than tuna packed in oil.
Make a sandwich on whole wheat bread.