

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.*