Festive Tuna Salad

Prep time: 5 min | **Cooking time:** 0 minutes | **Number of servings:** 3

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons plain, nonfat yogurt
- 1 (6- to 9-ounce) can white tuna packed in water, drained
- ¾ cup red seedless grapes (about 30 grapes), cut in half
- ½ cup (2 stalks) diced celery
- 2 tablespoons chopped walnuts
- 2 cups chopped lettuce or 2 to 3 large lettuce leaves
- **Optional** ½ teaspoon dry tarragon

Directions

1. Combine mayonnaise and yogurt in a bowl. Add tarragon *(optional)* and tuna. Break up tuna into small pieces with a fork. Add remaining ingredients except for lettuce. Mix to combine.
2. Serve on a bed of chopped lettuce or lettuce leaves.

Food $ense Tip

- It's a good idea to vary your protein sources. Try to eat seafood instead of meat twice per week.

Nutrition Facts (Serving size ½ cup): Calories–160; Protein–16g; Carbohydrate–12g; Total Fat–6g; Saturated Fat–0.5g; Cholesterol–20mg; Fiber–1g; Sodium–300mg; Vitamin C–4%; Vitamin A–15%; Iron–6%; Calcium–4%

Adapted from EFNEP Annual Meeting publication, University of Georgia

Tuna Macaroni Salad

Prep time: 10 minutes | **Cook time:** 10 minutes | **Number of servings:** 6

- 2 cups macaroni, uncooked
- 2 cans (5 ounces each) water-packed tuna
- 1 cup chopped zucchini
- 1 cup chopped carrots
- ⅓ cup diced onion
- ½ cup reduced fat mayonnaise
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Directions

1. Cook macaroni according to package directions. Drain off liquid, let cool, and put into a medium bowl.
2. Drain tuna and add to macaroni.
3. Add zucchini, carrots, onions, mayonnaise, salt, garlic powder, and pepper. Mix gently and chill until serving.

Nutrition Facts (Serving size 1 cup): Calories–270; Protein–17 g; Carbohydrate–31g; Total Fat–8g; Saturated Fat–1g; Cholesterol–20mg; Fiber–2g; Sodium–500mg; Vitamin C–10%; Vitamin A–70%; Iron–10%; Calcium–2%

Adapted with permission from Oregon State University Extension Service

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