



Mediterranean Tuna Salad



Ingredients



Recipe from: Foodhero.org

- 3 cans (5 ounces each) tuna in water, drained
- 1 1/2 cup peas, canned and drained or thawed from frozen
- 1 cup carrot, peeled and grated (about 2 carrots)
- 3/4 cup low-fat Italian salad dressing
- 2 cups diced cucumber

Yield: 10 servings
Serving Size: 1/2 cup



Directions



1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead, cover and refrigerate until ready to serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Mediterranean Tuna Salad



Ingredients



Recipe from: Foodhero.org

- 3 cans (5 ounces each) tuna in water, drained
- 1 1/2 cup peas, canned and drained or thawed from frozen
- 1 cup carrot, peeled and grated (about 2 carrots)
- 3/4 cup low-fat Italian salad dressing
- 2 cups diced cucumber

Yield: 10 servings
Serving Size: 1/2 cup



Directions



1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead, cover and refrigerate until ready to serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Try serving the tuna salad on lettuce leaves or use it as a filling for a sandwich or pita pocket.

Nutrition Facts

Serving Size 1/2 cup (119g)
Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 45%	Vitamin C 8%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



- Try serving the tuna salad on lettuce leaves or use it as a filling for a sandwich or pita pocket.

Nutrition Facts

Serving Size 1/2 cup (119g)
Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 45%	Vitamin C 8%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Second Harvest is an equal opportunity provider.