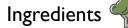


Mediterranean Tuna Salad





Recipe from: Foodhero.org

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

Yield: 10 servings Serving Size: 1/2 cup



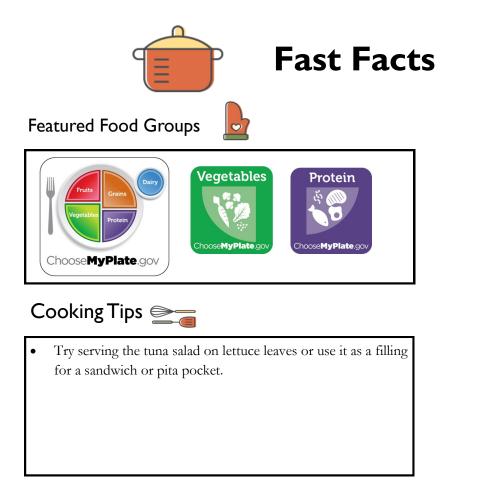
Directions 🟌

- 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.

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20			
Nutri Serving Size Servings Per	1/2 cup ((119g)	cts
Amount Per Ser	rving		
Calories 10	0 Calo	ories fron	n Fat 25
% Daily Value*			
Total Fat 2.5	ōg		4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 20mg			
Sodium 180mg 8%			
Total Carbohydrate 5g 2%			
Dietary Fiber 1g			4%
Sugars 2g			
Protein 11g			
Vitamin A 45	% • `	Vitamin (8%
Calcium 2%	•	ron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

4%

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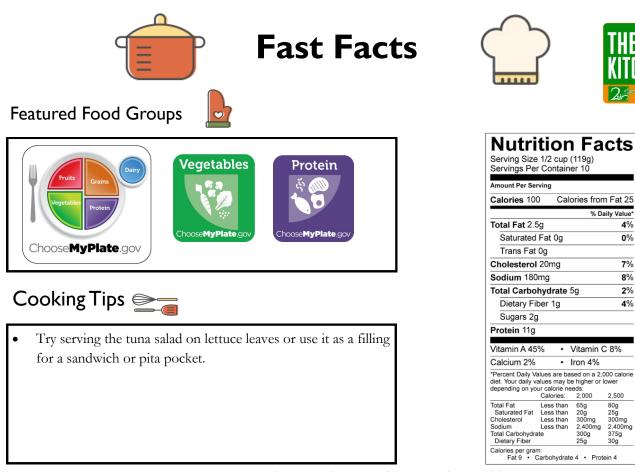
8%

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80g 25g 300mg 2,400mg 375g 30g

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