



# Mediterranean-Inspired



## Tuna Salad

Adapted from *Foodhero.org*

### Ingredients



- 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



### Directions



Yield: 10 servings Serving Size: 1/2 cup

Total Cost: \$4.11

Serving Cost: \$0.41

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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# 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.
- Canned chicken also works well for this recipe.

## Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 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.



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