

Tuna Salad

6 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 2 (5 ounce) cans chunk light tuna in water, drained
- ¼ cup white onion, finely chopped
- ¼ cup red bell pepper, finely chopped
- 1/3 cup celery, finely diced
- ½ Tablespoon light mayonnaise
- ½ Tablespoon Dijon mustard
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- Optional: 1 teaspoon dried dill

DIRECTIONS

1. Combine tuna, onion, bell pepper, and celery in a bowl. Mix with a fork.
2. Stir in mayonnaise and mustard and mix well.
3. Season with salt, pepper, and dill. Mix well until combined.

Nutrition Facts	
6 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 390mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 124mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

chefs.org

@CHEFSanAntonio



© Culinary Health Education for Families