

Recipe Idea:

Chicken or Tuna Salad


INGREDIENTS

- 2 - 5 oz cans tuna, or 1 - 10 -12 oz pouch/can chicken, drained
- 1/3 C mayonnaise
- 1/2 C celery, minced
- 1 Tbsp olive oil
- 2 tsp lemon juice
- 1 tsp lemon zest
- 2 Tbsp cilantro or parsley, chopped
- 1/2 tsp salt
- pepper, to taste



 Serves 4

 Allergens: Tuna salad - fish, egg
Chicken salad - egg

 Nutrition Facts based on using tuna. Nutrition will vary based on ingredients used.

DIRECTIONS

1. Place all ingredients in a medium bowl.
2. Mix with a fork, breaking up the chunks of tuna, until the ingredients are well combined.
3. Can be served in a variety of ways:
 - on your favorite bread as a sandwich
 - on top of a bed of lettuce
 - create a bistro box with fresh veggies, fruit, and crackers

For a healthy twist, replace the mayonnaise with 1 mashed avocado!

Nutrition Facts	
Serving size	1/2 Cup (97g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 560mg	24%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	