

# Mediterranean Tuna Salad

Try this recipe served on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

Makes: 5 cups/ 10 servings

Source: FoodHero.org recipe/Mediterranean Tuna Salad

## Ingredients

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

## 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.
4. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Bowl for mixing/serving
- Knife
- Cutting board
- Fork
- Measuring cups
- Vegetable grater (if using whole carrots)



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 Cup	
Nutrients	Amount
Calories:	100
Total Fat:	2.5 g
Saturated Fat:	0 g
Cholesterol:	20 mg
Sodium:	180 mg
Total Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	2 g
Protein	11 g
Vitamin C	8%
Calcium	2%
Iron	4%

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.68

Average cost/serving: \$1.07

Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 3 to Cart  
5oz Canned Tuna in Water



Add 1 to Cart  
10oz bag shredded/grated carrots



Add 2 to Cart  
Fresh Cucumber



Add 1 to Cart  
15oz can Sweet Peas



Add 1 to Cart  
16oz Light Italian Dressing

**My Cooking Notes**

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