

Mediterranean Tuna Salad

Super easy to make!

Prep Time: 15 minutes

Makes: 5 cups

Source: Food hero



Small Changes,
BIG Difference!

Ingredients

- 3 cans (5 ounces each) tuna in water, drained
- 1 cup shredded carrot
- 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

- Fork
- Measuring cups and spoons
- Sharp knife
- Cutting board
- Medium bowl



Nutrition Information

Serving Size: 1/2 cup

| Nutrients | Amount |
|----------------------|--------|
| Calories: | 100 g |
| 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: | 2 g |
| Protein | 11 g |

SHOPPING LIST

Average total cost : \$9.57

Average cost/serving: \$0.96

Recipe 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 1 to cart
Sweet Peas, no added salt



Add 1 to cart
Shredded Carrots



Add 3 to cart
Light Tuna in Water



Add 1 to cart
Low-fat Italian Dressing



Add 2 to cart
Cucumber

My Cooking Notes

SAVE TIME, SAVE MONEY

Chef's Notes

- Make sure to choose peas with no added salt, tuna in water rather than oil, and low or no fat Italian dressing.
- If shredding your own whole carrots, about 2 medium carrots will yield 1 cup.
- Be sure to check the prices on both frozen and canned peas and use whichever is less expensive!
- Choose cucumbers that are firm, without blemishes or soft spots. Avoid cucumbers with yellow spots, these indicate that they are over-ripe.
- Cucumber storage:
 - Wrap each cucumber individually in a paper towel
 - Store in plastic zip-top bag
 - Can be stored for up to one week