



Heather's Healthy Tuna

(Serves 4)

Ingredients

- 2 cans chunk light tuna (in water or in oil)
- ¼ cup carrot, grated
- ¼ cup celery, chopped finely
- ¼ cup onion or shallot, chopped finely
- ¼ cup mayo
- ½ teaspoon dried or 1 Tablespoon fresh dill
- ¼ teaspoon garlic powder
- ¼ teaspoon fresh ground pepper

Directions

1. Drain tuna and put into a small mixing bowl. Stir in remaining ingredients.
2. Serve on salad or a whole grain (such as a 100% whole wheat English muffin, pita, tortilla, bread, or cracker) with a tomato slice and lettuce.

Nutrition per serving: 188 calories, 14g fat, 2g saturated fat, 2g carbohydrate, 0.5g fiber, 15g protein, 260mg sodium