SHOPPING LIST

Traditional Tuna Salad

- [ ] Canned Tuna
- [ ] Celery
- [ ] Mayonnaise
- [ ] Low-fat Yogurt
- [ ] Red Onion
- [ ] Dijon Mustard

CUT

CUT

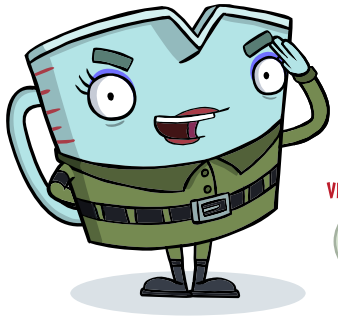
CUT

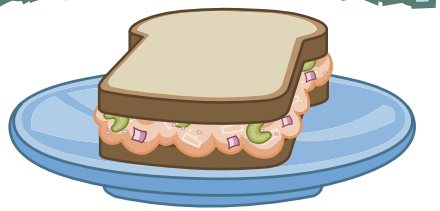
Corporal Cup presents

LUNCH

FIZZY'S LUNCH LAB

Traditional Tuna Salad



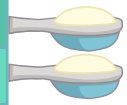


VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	6
NO	Under 30 min.	Easy	

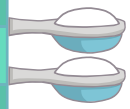
YOU WILL NEED

2 (6 ounce) cans white tuna packed in water, drained well

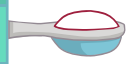
1 celery stalk, finely chopped



2 tablespoons mayonnaise



2 tablespoons plain low-fat yogurt



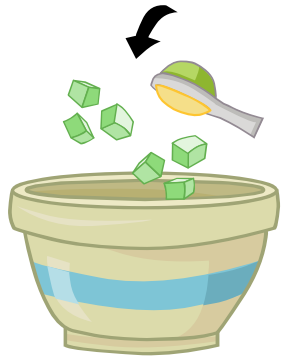
1 tablespoon finely chopped red onion

1 teaspoon dijon mustard

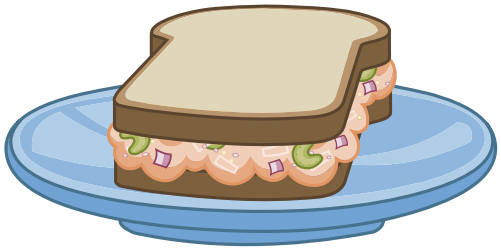
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

To make Curried Tuna Salad add: 1 Granny Smith Apple, cut in small dice, ¼ cup currants or raisins, 1 tablespoon mango chutney, and 2 teaspoons curry powder.



STEP 1: Place all of the ingredients in a mixing bowl and stir until just combined. Cover and refrigerate at least one hour.



Nutrition Facts

Serving Size 1 Serving (78g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 90mg	**4%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 14g	

Vitamin A 2% • Vitamin C 2%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4