

# Tuna Apple Salad

Serve it over lettuce with some whole-grain crackers on the side, or stuffed into a whole-wheat pita. Adding low-fat yogurt stretches the creaminess of the mayo without adding any fat.

## Ingredients

- 1 can (6 oz. to 7 oz.) albacore tuna
- 2 tsp. lemon juice
- 1 Tbsp. canola mayonnaise
- 1/2 cup mandarin oranges, canned and drained
- 2 Tbsp. low-fat plain yogurt
- 1 Granny Smith apple, peeled and chopped

## Preparation

Mix all ingredients together and refrigerate.



## Nutrition Facts

Yield 2 servings

Amount Per Serving

**Calories** 226

**Fat** 6.5g

**Sodium** 175mg

**Carbohydrate** 18g

Dietary Fiber 2g

**Protein** 24g

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