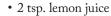
## Tuna Apple Salad

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

## **Ingredients**

- 1 can (6 oz. to 7 oz.) albacore tuna
- 1 Tbsp. canola mayonnaise
- 2 Tbsp. low-fat plain yogurt
- 1 Granny Smith apple, peeled and chopped



• 1/2 cup mandarin oranges, canned and drained



## **Nutrition Facts**

Protein 24g

Yield 2 servings Amount Per Serving Calories 226 **Fat** 6.5g Sodium 175mg Carbohydrate 18g Dietary Fiber 2g

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Mix all ingredients together and refrigerate.

