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Tuna Salad

Prep Time: 15 minutes

Cost per serving: \$1.31

What you need:

Utensils:

- Knife & cutting board
- Measuring cups & spoons
- Medium bowl
- Mixing spoon
- Can opener

Ingredients:

- 1 12-ounce can tuna in water, drained
- 1 cup celery, chopped
- 3 green onions, chopped
- ¼ cup pecans, chopped
- ¼ cup low-fat mayonnaise
- 1 cup green grapes, seedless and halved
- Lettuce leaves, washed and separated

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Add drained tuna to medium bowl.
4. Wash and chop celery, onions, and pecans.
Add to tuna and mix well.
5. Add mayonnaise to mixture and stir.
6. Add grapes to mixture and stir gently.
7. Chill until ready to serve.
8. Serve over lettuce leaves.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 60
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% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 430mg	18%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 23g	
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Vitamin A 15%	• Vitamin C 10%
Calcium 4%	• Iron 10%