



TUNA SALAD

	Ingredients	Exchanges
Protein	31.5 gm tuna, water drained	3.7 (+3.7 gm fat)
Fat	33.7 gm mayonnaise	6 (+3.7 gm fat)
Carbohydrate	13.7 gm celery, raw, chopped	0.5
	7.7 gm onion, raw, chopped	0.8
Other	salt, pepper, onion powder, dry mustard	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small bowl, mix together all of the ingredients.
- Season with listed dry seasonings.
- Serve chilled.

VARIATIONS

- This recipe is very flexible and can be adjusted as needed to any meal plan.
- Other carbohydrates can be used such as sweet relish, pickles, or romaine lettuce.
- Other proteins can be used such as shredded cooked chicken, chopped cooked salmon, or shredded cooked cod.
- Vegenaïse® can be used in place of mayonnaise.