

Tuna Green Grape Salad

Ingredients:

12 ounces tuna in water, canned
 1 cup green grapes
 3 stalks celery
 1/2 onion
 1/4 cup pecan, pieces
 1/4 cup reduced-fat mayonnaise
 4 lettuce leaves

Equipment:

Cutting board
 Knife
 Mixing bowl
 Measuring cups

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 1 hour &
 30 minutes

Directions

1. Open canned tuna and drain. Add to bowl and set aside.
2. Remove stems from grapes and wash. Pat dry. Cut grapes in half and add to bowl.
3. Wash celery stalks and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to bowl.
4. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and save half for other uses. Place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Dice into small pieces and add to bowl.
5. Add pecan pieces.
6. Measure mayonnaise, and fold into tuna mixture until ingredients are coated. Chill until ready to serve.
7. Place a lettuce leaf on a plate and top with 1/4 of mixture.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 210	Calories from Fat 81
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Cholesterol 31mg	10%
Sodium 386mg	16%
Potassium 396mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Protein 23g	46%
Vitamin A 3%	Vitamin C 7%
Iron 11%	Calcium 22%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.