



Cranberry Tuna Slaw



1/4th of recipe (about 1 1/3 cups): 118 calories, 2g total fat (<0.5g sat. fat), 270mg sodium, 16.5g carbs, 3.5g fiber, 9.5g sugars, 8.5g protein

Prep: 5 minutes
Chill: 15 minutes



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Ingredients

- 4 cups broccoli cole slaw (about one 10-oz. container or one 12-oz. bag)
- 1/2 cup canned water chestnuts, drained and roughly chopped
- 1/4 cup sweetened dried cranberries, chopped
- 1/4 cup light sesame ginger dressing (like Newman’s Own Sesame Ginger Dressing)
- One 5-oz. can albacore tuna packed in water
- 1/4 cup chopped scallions
- 2 tsp. sesame seeds

Directions

Place slaw, chopped water chestnuts, and chopped cranberries in a large bowl. Add dressing, and stir to coat.

Drain tuna, add to the bowl, and stir to mix. Cover and refrigerate until chilled, at least 15 minutes.

Serve topped with scallions and sesame seeds.

MAKES 4 SERVINGS

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