



Fruity Tuna Salad



Entire recipe: 275 calories, 8g total fat (1g sat. fat), 477mg sodium, 33g carbs, 6g fiber, 22.5g sugars, 21g protein

Prep: 15 minutes



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Ingredients

One 2.6-oz. pouch albacore tuna in water
1/4 cup chopped apple
1/4 cup halved red seedless grapes
1/4 cup chopped cucumber
2 tbsp. sweetened dried cranberries
1 1/2 tbsp. light mayonnaise
4 cups chopped romaine lettuce
Optional: low-fat or fat-free balsamic vinaigrette

Directions

In a medium container with a lid, combine all ingredients *except* lettuce and vinaigrette. Mix well.

Just before eating, top lettuce with tuna mixture. Drizzle with vinaigrette, if you like!

MAKES 1 SERVING

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