

Light Tuna Salad



Ingredients:

- 1 5 oz. can chunk light tuna
- 2/3 c fat-free cottage cheese
- 4 T plain low-fat yogurt
- 1/4 small red onion, chopped finely
- 1 stalk celery, chopped finely
- 1 t Dijon mustard
- splash of lemon juice
- pinch or two of dill

Instructions:

1. Combine all ingredients in a bowl.
2. Serve with whole grain crackers or on whole grain bread or tortillas.

Makes 2 servings.



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