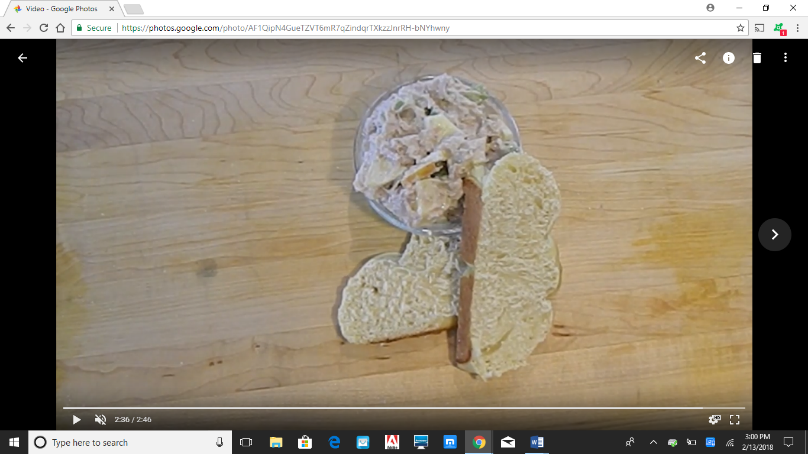
Tuna Salad

Ingredients

1 can tuna packed in water

1 stalk celery, chopped

½ apple, chopped

3 T mayonnaise

Makes 2 – 3 servings Prep. Time: 5 minutes

1. Chop 1 stalk of celery into slender chunks.

2. Roughly chop and seed half an apple.

3. Drain off the extra liquid from the tuna.

4. Combine the celery, apple, tuna, and mayonnaise. Mix together in a medium sized bowl.



This recipe is:

* Low in saturated fat

