

# Spring Tuna Salad

Nutritional information on back.



*Fold or cut here to fit in recipe box.*

## *Spring Tuna Salad*

- 1 (6 oz.) can water-packed albacore tuna
- 3/4 cup finely chopped Honeycrisp, Gala or Fuji apple
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped scallions, green and white parts
- 2 Tbsp. fresh lemon juice
- Salt to taste
- Ground black pepper
- 1 Tbsp. canola oil
- 1/3 cup chopped fresh dill
- 2 tsp. grated lemon zest
- 4 butter or Boston lettuce leaves
- 4 slices European cucumber
- 2 lightly packed cups watercress sprigs



In mixing bowl, finely flake tuna with fork. Mix in apple, green pepper and scallions. Add lemon juice, salt and pepper to taste, and toss to combine. Mix in canola oil. The salad may be covered and refrigerated for up to 4 hours. When ready to serve, mix in the dill and lemon zest. Line 2 salad plates each with 2 lettuce leaves and add 2 cucumber slices. Mound one-half of the tuna salad on each plate. Surround with the watercress sprigs and serve. Makes 2 servings.

*Nutritional information per serving*

220 calories, 10 g total fat (1 g saturated fat), 12 g carbohydrate, 22 g protein, 3 g dietary fiber, 55 mg sodium