MEDITERRANEAN TUNA SALAD

INGREDIENTS

- 3 cans (5 oz each) tuna, in water, drained
- 1 cup carrot, peeled and coarsely chopped
- 2 cups diced cucumber
- 1/2 cup peas, canned or thawed from frozen
- 3/4 cup low-fat Italian salad dressing
- 2 cups diced cucumber

DIRECTIONS

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas, and salad dressing. Mix well.
3. Serve immediately or make ahead, cover and refrigerate until ready to eat.

Recipe source: www.snapedny.org

Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. USDA does not endorse any products, services, or organizations. Provided by Food Bank of Delaware. This institution is an equal opportunity provider.