



MEDITERRANEAN TUNA SALAD



15 minutes



10 servings

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

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