

Apple Cranberry Tuna Salad

Ingredients

- 1 can tuna, packed in water (6.5 ounces, not drained)
- 1/2 medium apple
- 1/4 cup yogurt, low-fat plain
- 1 teaspoon mustard
- 1/2 teaspoon honey
- 1 tablespoon cranberries
- Salt and pepper to taste



Directions

1. Wash and peel the apple. Chop into small, bite-sized pieces.
2. Open canned tuna. Do not drain water.
3. Put the tuna, apple, yogurt, mustard, honey, and cranberries in a medium bowl. Stir well. Salt and pepper to taste.
4. Use tuna salad for sandwiches, salads, or as a snack on crackers/bread.

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