Apple Cranberry Tuna Salad

Ingredients
- 1 can tuna, packed in water (6.5 ounces, not drained)
- ½ medium apple
- ¼ cup yogurt, low-fat plain
- 1 teaspoon mustard
- ½ 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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