

## ALOHA! TUNA SALAD

Makes 4 servings (1/2 cup)

Original recipe by Margaret L. Thompson (Atlanta)

### Ingredients:

- ◆ 1 (6-oz) can light tuna, packed in water
- ◆ 1 (4-oz) can crushed pineapple (or 1/2 of 8-oz. can)
- ◆ 1 scallion, use both white and green parts
- ◆ 1 small stalk celery (1/3 cup chopped)
- ◆ 1/3 cup walnut halves
- ◆ 1/3 cup low-fat or light mayonnaise
- ◆ 1 tsp. lemon juice
- ◆ 4 bibb or iceberg lettuce leaves

### How to make:

Adults: Drain and flake tuna. Drain the pineapple. Dump into a mixing bowl. Finely chop scallion, celery and walnuts—or pulse them until finely chopped in a food processor.

Kids: Using a dry measuring cup, measure mayonnaise and plop into bowl. Toss chopped scallion, celery and walnuts into bowl. Drizzle in lemon juice from a measuring spoon. With a large spoon, stir all tuna mixture ingredients together. Once combined, chill, covered, in the refrigerator for at least 30 minutes so flavors can combine.

Kids or Adults: Scoop tuna onto four lettuce leaves and enjoy. You can also serve with little wheat crackers for a party or stuffed in pita halves for lunch.

Not just your ordinary tuna salad.  
This has a surprising and scrumptious addition of crushed pineapple.  
It'll make you want to luau.

### HEALTHY RECIPE MAKEOVER HOW-TO:



This made-over version uses lower fat mayonnaise. For added color and flavor, chopped scallions are mixed in. It's even tastier this reduced-fat way!

### Did you know?

**You can use plain fat-free yogurt in place of the mayonnaise in this recipe. It'll up the calcium, too. For an extra-thick yogurt, drain it overnight in the refrigerator in a white paper towel— or cheesecloth-lined strainer with a bowl underneath to catch liquids.**

### Nutrition Info per serving:

160 Calories, 12 g Carbohydrates, 12 g Protein, 7 g Total fat, 0.5 g Saturated fat, 10 mg Cholesterol, 1 g Dietary Fiber, 340 mg Sodium, 2% Vitamin A, 10% Vitamin C, 2% Calcium, 6% Iron