

VEGGIE TUNA SALAD



Makes 8, 1/2 cup servings

INGREDIENTS

- 1 cup edamame
- 1 cup cherry tomatoes (halved)
- 1 cup shredded carrots
- 1/2 cup diced red onion
- 1/4 cup Italian dressing
- 1 can (5 ounce) tuna
(canned in water, drained)

DIRECTIONS

Steam edamame in microwave for 3-4 minutes. In a medium bowl, mix together edamame, cherry tomatoes, shredded carrots, red onion, tuna, and Italian dressing. Chill in refrigerator.

TIPS

- Enjoy your tuna salad with crackers or eat on top of a spinach salad!
- You can find shelled edamame in the freezer section. If you cannot find edamame (soy beans), try lima beans.

NUTRITION

80 calories
6 g protein
3 g fat
166 mg sodium
8 g carbohydrate
2 g fiber

