

CITRUS TUNA SALAD

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3 crackers)

Nutrition (per serving)

Calories: 155

Total Carbohydrate: 22 g

Total Fat: 5 g

Dietary Fiber: 4 g

Saturated Fat: 1 g

Protein: 6 g

Sodium: 203 mg



Ingredients

- 1 (12 ounce) can chunk light tuna in water, drained
- ¼ cup carrots, finely diced
- 3 Tablespoons red onion, finely diced
- 3 Tablespoons roasted and salted sunflower seed kernels
- 3 Tablespoons French's® honey Dijon mustard
- Juice of half a lime
- Dash of black pepper
- 1 avocado, seeded, flesh only
- 24 Cracked Pepper and Olive Oil Triscuits® (choose gluten free crackers for GF version)

Directions

1. In a small bowl, combine tuna, carrots, red onion, sunflower seeds, mustard, lime juice, and black pepper and mix well.
2. Spread about 1 teaspoon avocado on cracker and top with about 1 tablespoon of tuna salad.



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