



# Tuna-Apple Salad

4 servings

6 ½ or 7 ounce can tuna (packed in water)  
1 unpeeled apple, diced  
1 stalk celery, chopped  
2 tablespoons low-fat mayonnaise-type salad dressing  
1 tablespoon lemon juice  
Lettuce as desired

1. Drain tuna.
2. Mix tuna and other ingredients (except lettuce) in a bowl.
3. Use immediately or chill in refrigerator for 1 to 2 hours.
4. Serve on lettuce leaves or in a sandwich.

