

Salsa Tuna Salad

INGREDIENTS

- ½ cup low fat Greek yogurt
- ¼ cup salsa
- 2, 5oz cans tuna, drained and flaked
- 1 cup corn (if frozen, thaw)
- 1 cup green bell pepper, diced
- ¼ teaspoon black pepper

Optional Ingredients:

- 2 slices whole wheat bread
- Whole wheat crackers
- Lettuce leaves

6 SERVINGS

15 MINUTES



Adapted from:
tasteofhome.com



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a large bowl, combine Greek yogurt, salsa, and black pepper.
2. Stir in tuna, corn, and green bell pepper.
3. Refrigerate for at least 30 minutes before serving.
4. Serve as a sandwich, with crackers, or in lettuce leaves!

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