

**WHY
ACT
NOW**

TUNA CELERY BOATS



Ingredients

- 1 can (200g) white tuna in water, no added salt, drained
- 1 celery stalk, large
- ¼ onion, chopped
- 1 tbsp light mayonnaise
- ¼ tsp black pepper

Directions

Wash the celery and cut into 4 equal pieces. Mix together tuna, onion, mayonnaise and pepper. Fill celery groove with mixture. *Makes 2 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 158	Calories from Fat 18
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 134mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet.

Tuna is a great snack because it's an inexpensive source of protein!