

# CITRUS TUNA SALAD

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 |
| 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.