

# Sweet & Savory Power Tuna Salad



**TIP:** This quick & easy tuna salad not only substitutes **mayonnaise**, which is both high in calories and fat, with high protein **non-fat plain Greek yogurt** but also uses **fresh apple, dried cranberries** and **sun dried tomatoes** for a uniquely flavorful, nutrition-rich alternative to plain tuna salad. (See the table under the [Equipment](#) picture below for a regular mayonnaise to non-fat Greek yogurt nutrition comparison.)

**Preparation Time:** 7 -10 minutes

## **Ingredients** **(for 2-3)**

**12 Ounce Can of Tuna (packed in water)**

**1 Apple (I'm using a Granny Smith apple, but any apple will work)**

**1 Tablespoon of Non-Fat Plain Greek Yogurt**

**1 Teaspoon Sweet Pickle Relish**

**1 Teaspoon Mustard**

**Sun Dried Tomatoes (optional)**

**Dried Cranberries (can be substituted with any dried fruit)**



## Equipment

Can Opener

Medium Sized Bowl

Cutting Board

Short Bladed (Paring) Knife

Fork

Tablespoon

Teaspoon



## **MAYONNAISE VS. NON-FAT GREEK YOGURT**

Most importantly, when comparing nutrition labels, make sure first to note serving sizes as circled below.





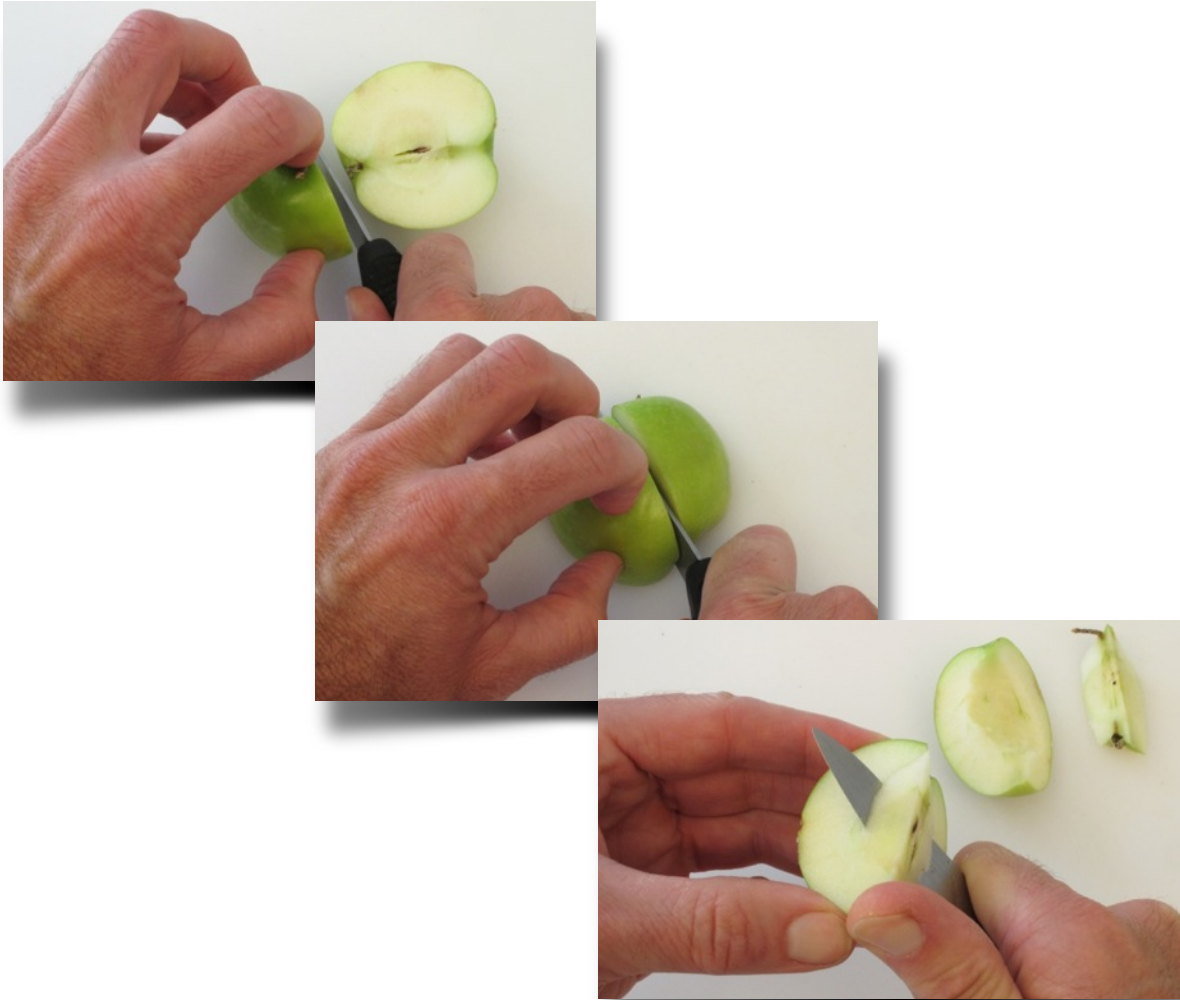
The serving size listed on the **mayonnaise** label is 1 tablespoon, or about 1/2 ounce. The serving size for the **non-fat Greek yogurt** is 1 cup, or 8 ounces. That means you either have to multiply the nutritional values on the mayonnaise label by 16 (there are 16 tablespoons in 1 cup/8 ounces) or divide what you see on the non-fat Greek yogurt label below by the same 16 (1 cup = 16 tablespoons) to make a fair comparison. The table below compares the nutritional value of **1 tablespoon of mayonnaise** to **1 tablespoon of Greek yogurt**. The difference is significant!

<b>Values Per Tablespoon</b>	<b>Mayonnaise</b>	<b>Non-Fat Greek Yogurt</b>
Calories	100	8
Calories From Fat	100	0
Total Fat	11 grams/17% DV	0
Cholesterol	10 mg/3% DV	< 1 mg
Sodium	65 mg/3% DV	7 mg
Carbohydrates	0	< 1 gram
Sugar	0	< 0.5 grams
Protein	0	~ 1.5 grams

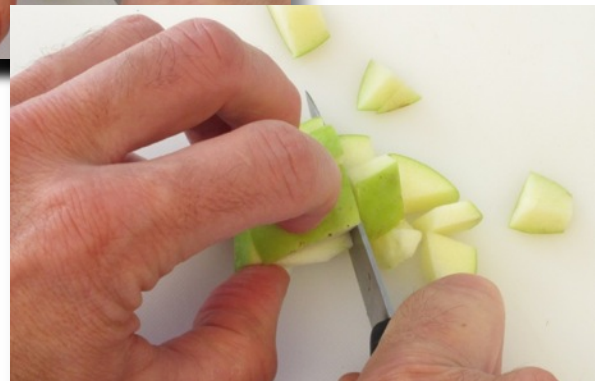
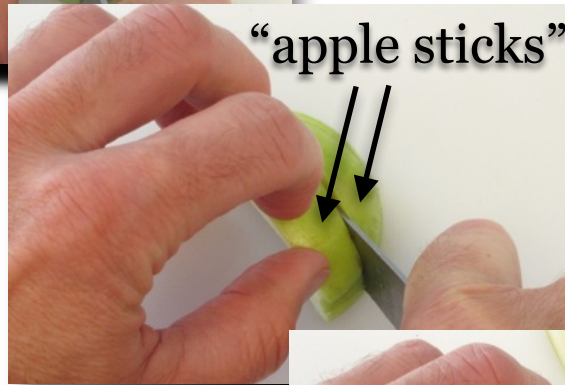
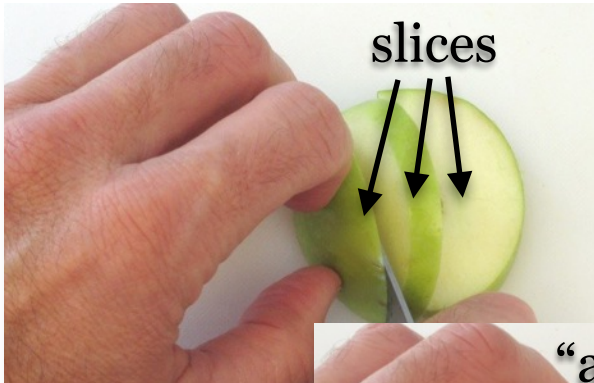
1. Give an **apple** a good hand scrubbing rinse in the sink.



Cut the **apple** in half from the **apple stem** to **bottom**.  
Cut each **apple half** in half lengthwise, and carefully  
carve out the **apple core** from **each apple quarter**.



Cut **each apple quarter** into **2-3 lengthwise slices**. Then stack those **slices** together with the cuts you made parallel to the cutting board, make another lengthwise cut to make **“apple sticks”**, and cut those **“apple sticks”** in cross section into **pieces** about **1/2 inch (12 mm)** wide.



2. If you're using **sun dried tomatoes**, use a fork to hold **3 - 4 sun dried tomatoes** to the cutting board and cut them into smaller pieces about as shown in the right picture below.





3. Use a can opener to open most of the tuna can top as shown in the top left picture below. Then use your thumb to squeeze the can top into the **tuna** in the can over the sink to drain as much **water** as possible.



Use a fork (NOT YOUR FINGERS) to pry the can top open, and scoop the **tuna** into a bowl.



4. Add **1 tablespoon non-fat plain Greek yogurt, 1 teaspoon sweet pickle relish, 1 teaspoon mustard.**





Top with the **chopped apple** and **sun dried tomatoes** (optional) and about **1/2 handful dried cranberries** (or any other dried fruit).



5. Finish by using a fork to combine **all the ingredients** until they are uniformly mixed together as shown in the insert picture below.



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