

# Apple Tuna Salad

Yields 4 servings

## **Ingredients:**

- 1 can tuna, packed in water (12 ounces)
- 2 tablespoons red onion (minced)
- 1 apple (cored and chopped)
- 1 cup celery (chopped)
- 1 cup golden raisins
- 5 tablespoons Italian dressing, light
- 2 cups salad greens
- 2 Pita bread (cut in half)

## **Instructions:**

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

**Cost:** Per recipe: \$5.53 Per serving: \$1.38

## **Source**

California Department of Health Services, Discover the Secret to Healthy Living

California 5-a-Day—For Better Health! Campaign

# Crunchy Chicken Salad

Yields 4 servings

## Ingredients

2 cups	cooked chicken (chunked)
1/2 cup	celery
1/4 cup	green pepper
1/4	onion
1/2	cucumber
1/2 cup	grape
1	apple (small, diced, leave the peel on)
1/4 cup	yogurt, plain

## Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. Serve on lettuce, crackers, or bread.

**Cost:** Per recipe: \$3.65 Per serving: \$0.73

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

# **Bean Salsa**

Materials needed: Bowl or container, Can opener, and spoon

## **Ingredients:**

1 can of low-sodium black beans, drained and rinsed

1 can of low-sodium pinto beans, drained and rinsed

1 can of low-sodium corn, drained and rinsed

Juice of a whole of lemon

Season as desired

1 bag of corn tortilla chips (reduced fat and/or reduced sodium), or vegetable slices

Optional additions: Diced onions, small handful of cilantro, diced avocado, fresh tomatoes. Check out local farmer's markets that accept SNAP/CalFresh.

## **Instructions:**

In a bowl or plastic container mix all the ingredients. Enjoy with tortilla chips or veggie slices!

Low-sodium or "no salt added" canned foods are best to buy. High sodium foods can lead to high blood pressure/hypertension. Draining and rinsing the food is always another option

Source: Sac Housing Association Resource Toolkit for Nutrition Education