



## Almond Albacore Tuna Salad

### INGREDIENTS:

8 oz.	Canned Albacore tuna, drained
¼ cup	Green onion, finely chopped (mostly white portion)
1 Tbsp	Toasted almonds, finely chopped (sliced)
½ tsp	Dried dill weed
¼ cup + 2 Tbsp	Low fat Hellmann's brand mayonnaise
¼ stalk	Celery, finely diced

### PREPARATION:

- To remove the “fishy” taste from the tuna, use both hands to squeeze remaining liquid from tuna.
- Crumble tuna into a bowl.
- Add remaining ingredients and mix well.

<b>Number of servings:</b>	<b>6</b>
<b>Serving Size:</b>	<b>¼ cup</b>
<b>Calories:</b>	<b>80</b>
<b>Fat Grams:</b>	<b>3</b>

