



RECIPE OF THE Month

Cool Tuna with Tomatoes & Pine Nuts

Light, luscious and no-fuss.

Dressing:

- ½ cup **nonfat plain yogurt**
- ½ cup **nonfat sour cream**
- 2 tbsp **light canola mayonnaise**
- 2 tbsp fresh **dill**, chopped
- 2 tbsp fresh **lemon juice**
- 1 tbsp real **bacon bits**

Salad:

- 3 (6.5 oz) cans **water-packed solid white tuna**, drained and flaked
- 3 cups fresh **tomatoes**, coarsely chopped (or halved **cherry tomatoes**)
- ½ cup **celery**, diced
- 8 **green olives**, sliced
- 2 tbsp **pine nuts**

Combine dressing and set aside. Stir together salad ingredients in a large bowl; add dressing and gently toss to coat. Serve on salad greens or roll up in tortillas or wraps.

MAKES 6 (1-CUP) SERVINGS.

PER CUP/SERVING: 187 calories | 24.9g protein | 5.8g fat | 11.6g carbs | 1.4g fiber | 489mg sodium