

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Balsamic Basil Tuna Salad

Ingredients:

- 1 (5 oz) can tuna, packed in water
- 1 large (11-12 in. long) celery stalk, chopped
- 1/4 apple (medium sized), chopped
- 1/4 cup sliced grapes
- 1/4 cup onion, chopped (optional)
- 2 Tbsp Light balsamic basil vinaigrette salad dressing (or dressing of your choice without sugar)

Directions:

1. Drain tuna.
2. Combine tuna, celery, apple, grapes, onion, and salad dressing.
3. Put half of the mixture on lettuce to make a wrap. Can also place on whole wheat bread or crackers or eat plain.

Servings per recipe: 2

Calories 162, Total fat 6 g (Saturated fat 0.2 g), Cholesterol 21 mg, Sodium 560 mg, Carbohydrate 9 g, Fiber 2 g, Protein 19 g

Submitted by employee

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www.charleston.va.gov/services/bariatric