Tuna Salad Cup

Ingredients	For 24 Servings		Directions
	Weight	Measure	
Canned tuna water packed, light, drained	3 lbs		1. Dice the onion and the spinach.
Light mayonnaise		8 Tbsp.	2. Combine the tuna, mayonnaise, mustard, lime juice, onion, chopped spinach, and seasonings together. Mix well.
Dijon mustard		4 Tbsp.	
Diced onion	6 oz.		
Spinach, fresh, chopped	6 oz.		3. Wash lettuce leaves.
Lime juice		3 tsp.	4. Line bowl with one lettuce leaf and scoop 2 #30 scoops onto lettuce leaf.
Black pepper		3 tsp.	
Onion powder		3 tsp.	5. Serve with whole wheat bread stick.
Romaine Lettuce leaf .5oz each		24 leaves	
			CCP: Hold for cold service at 41°F or below.
Whole Wheat Bread Stick		24	

Serving Size: 3.6 oz. tuna salad on leaf lettuce with 1 bread stick – Smart Snacks Entree 1 oz. eq. Grain and 2 oz. Meat/Meat Alternate

Nutrition Analysis: Serving Size:

Calories: 169	Calories from Fat: 16%	Total Fat: 3 g	Saturated Fat: 0.39 g	Trans Fat: 0 g
Cholesterol: 18 mg	Sodium: 460 mg	Total Carbohydrate: 17 g	Dietary Fiber: 3 g	Sugars: 2.7 g
Protein: 17.93 g	Vitamin A: 3137 IU	Vitamin C: 3.75 mg	Calcium: 26 mg	Iron: 1.38 mg