

Tuna Salad



1 - 5 oz can light tuna in spring water, drained
2 Tbsp. fat free Miracle Whip
1 tsp. mustard
1/2 tsp. onion powder
1/4 tsp. celery salt

Mix all ingredients together and chop until a smooth spread consistency. Note: May substitute canned chicken for tuna. Makes 3 servings.

Nutrition information per serving: 58 calories, 8 grams protein, 1 gram fat, 1 gram carbohydrate, 347 mg sodium.