

## **Holly's Curry Tuna Salad**

Tuna provides 200 IU of Vitamin D per serving

*This recipe is satisfying as a sandwich, yummy on crackers, and excellent on fresh spinach. Vary the amounts to your taste. This salad is also delicious with pears.*

### **Ingredients**

1 can water packed, dolphin safe, tuna  
1.5 tablespoons light mayonnaise  
1 teaspoon yellow curry powder  
red onion, diced  
¼ to ½ apple (any kind, but I prefer Fuji)  
1 tablespoon cilantro, chopped  
2 tablespoons chopped nuts (pine nuts or walnuts)  
2 teaspoons lemon juice  
Salt and pepper to taste

### **Instructions**

Mix curry powder and mayo in large bowl  
Drain tuna and add to bowl  
Chop onions, apple into very small pieces  
Chop cilantro and nuts (if using walnuts)  
Incorporate all chopped items into salad  
Add lemon juice and salt and pepper to taste