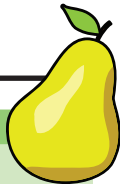


Pear Tuna Salad



Ingredients:

- 4 pears, peeled, cored, and finely chopped
- 1 cup celery, finely chopped
- 1 Tablespoon lemon juice
- 16-oz tuna canned in water
- ¼ cup fat-free mayonnaise
- fresh spinach
- 100% whole wheat sandwich bread or whole wheat crackers

Directions:

- 1** Combine chopped pears, chopped celery, and lemon juice in a large bowl.
- 2** Add tuna and fat-free mayonnaise and mix well.
- 3** Serve pear tuna salad on crackers or make a sandwich with 100% whole wheat bread and spinach leaves.



Pear Tuna Salad continued



Tips:

Finely chop celery and pear to prevent choking.