

Dill Tuna or Chicken Salad

Food Groups:
Dairy
Protein
Vegetables

2 5-ounce cans water-packed white tuna, drained

OR 2 5-ounce cans chicken


  **OR** 1-1/2 cups leftover chicken breast, diced

1 small cucumber, peeled, seeded, diced

4 small green onions/scallions, thinly sliced

 2 tablespoons chopped fresh dill

 1/4 cup nonfat plain Greek yogurt

 1/4 cup reduced-calorie mayonnaise

 1 tablespoon Dijon mustard

Black pepper

1. Wash your hands.
2. Peel, seed and dice the cucumber. Slice the green onions. Chop the dill.
3. Measure all ingredients into a bowl and stir until well combined.
4. Refrigerate until ready to use.

Makes 4 servings

Dill Tuna or Chicken Salad Stuffed Tomatoes

Food Groups:
Dairy
Protein
Vegetables

1 recipe of Dill Tuna **OR** Chicken Salad

4 medium vine ripened tomatoes

1. Wash your hands.
2. Slice the top off the tomatoes. Use a spoon to scrape out the seeds.
3. Stuff $\frac{1}{4}$ of the salad into each tomato.

Makes 4 servings

Dill Tuna or Chicken Salad Wraps

Food Groups:
Dairy
Protein
Vegetables

1 recipe of Dill Tuna **OR** Chicken Salad

4 whole wheat tortillas (10-inch)

Lettuce

Tomato, sliced

Avocado, sliced

1. Wash your hands.
2. Spread $\frac{1}{4}$ of the salad on each tortilla.
3. Top the salad with the lettuce, tomato and avocado.
4. Roll the tortillas into a tube.

Makes 4 servings

Dill Tuna or Chicken Salad over Green Salad

Food Groups:
Dairy
Protein
Vegetables

1 recipe of Dill Tuna **OR** Chicken Salad

 8 cups torn lettuce **OR** mixed greens

1 Tomato, diced **OR** 8 cherry tomatoes

2 Avocados, chopped

1 Cucumber, chopped



 ¼ cup sliced almonds

1. Wash your hands.
2. Place the lettuce in a large salad or mixing bowl.
3. Chop the tomato, avocados and cucumber.
4. Toss the tomato, avocados and cucumber with the lettuce.
5. Place the tuna/chicken salad on lettuce. Sprinkle with sliced almonds.

Makes 4 servings



Ants on a Log, Two Ways

Food Groups:
Protein
Vegetables
Fruit

- 1 celery stalk
-  2 tablespoons peanut butter
-  1 tablespoon raisins

1. Wash your hands. Wash the celery.
2. Cut the celery in half. Spread one tablespoon of peanut butter on each stick. Sprinkle with raisins.

1 serving

- 1 medium banana
-  2 tablespoons peanut butter
-  1 tablespoon toppings (coconut, blueberries, dark chocolate chips, raisins)

1. Wash your hands.
2. Peel the banana. Cut the banana lengthwise. Spread one tablespoon of peanut butter on each slice. Sprinkle with toppings.

2 servings

Grocery List

- 2 cans tuna **OR** 2 cans chicken **OR** leftover chicken (1-1/2 c.)
- Cucumber
- Green onions/scallions
- Fresh dill
- Plain Greek yogurt
- Reduced calorie mayonnaise
- Dijon mustard
- Black pepper
- Option: 4 medium vine tomatoes
- Option: Whole wheat tortilla, 1 tomato, 1 avocado, lettuce
- Option: Mixed Greens **OR** lettuce, 1 tomato **OR** 8 cherry tomatoes, 1 cucumber, sliced almonds
- Celery
- Peanut butter
- Raisins
- Banana
- Option: Coconut, blueberries, dark chocolate chips

Equipment List

- Can opener
- Medium bowl
- Cutting Board
- Cutting Knife
- Peeler
- Salad bowl or large mixing bowl
- Measuring cups
- Measuring spoons
- Spoon for mixing
- Large soup spoon
- Butter knife