



Tuna Salad With Fresh Dill

Ingredients

- 1 7-ounce can of water-packed low-sodium tuna, rinsed and drained
- 1/4 cup chopped celery
- 1/4 cup chopped fresh dill
- 2 tablespoons chopped fresh parsley
- 1/4 cup nonfat yogurt
- 1/2 teaspoon low-sodium Dijon mustard
- Dash Pepper

Directions

1. Cook ground beef in large skillet until no longer pink. Drain fat.
2. Add remaining ingredients, first rinsing and draining beans, chick-peas and corn.
3. Stir to ensure equal distribution.
4. Cover and simmer for 1 hour, stirring occasionally.
5. Combine all ingredients in a mixing bowl.
6. Serve on lettuce, pita bread, baked potato, pasta or rice.