Tuna Cranberry Pecan Salad

Preparation time 10 minutes
Makes 2 servings

Ingredients

- 1/2 of a 5oz container of lettuce or arugula or mixed greens
- 1 can water packed tuna, drained
- 2 tablespoons lemon juice or vinegar
- 2 tablespoons cranberries
- 2 tablespoons mayonnaise
- Black pepper to taste
- 1/4 cup pecans
- Optional – zest from 1/2 a lemon (use a citrus zester or micro-plane)

Directions

1. Place tuna, cranberries, lemon juice or vinegar, zest (if using), black pepper and mayonnaise in a bowl and toss to combine.
2. Add arugula or other lettuce and toss again.
3. Serve topped with pecans.

Nutrition

- 2 cup serving
- Calories 300, Fat 21g, Protein 19g
- Carbs 11g, Added sugar 5g, Fiber 3g
- Sodium 300mg, Potassium 208mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

Community Health & Wellness
Our Family – Taking Care of Yours

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.

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