

Confetti Tuna in Celery Sticks

1 (3 ounce) pouch of STARKIST® Premium
Albacore or Chunk Light Tuna
½ cup shredded red or green cabbage
½ cup shredded carrot
¼ cup shredded yellow squash or zucchini
3 tablespoons reduced-calorie cream cheese,
softened
1 tablespoon plain low-fat yogurt
½ teaspoon dried basil, crushed
Salt and pepper to taste
10 to 12 (4-inch) celery sticks, with leaves if desired

DIETARY EXCHANGES:

½ Lean Meat

NUTRIENTS PER SERVING:

Cal.: 32	Cal. from Fat: 26%
Total Fat: 1 g	Sat. Fat: 1 g
Carb.: 3 g	Protein: 3 g
Chol.: 5 mg	Sodium: 90 mg
Fiber: 1 g	

1. In a small bowl toss together tuna, cabbage, carrot, and squash.
2. Stir in cream cheese, yogurt, and basil. Add salt and pepper to taste.
3. With small spatula spread mixture evenly into celery sticks.

Makes 10 to 12 servings (1 4-inch celery stick filled with 3 tablespoons tuna mixture)

Source: Diabetic Cooking Magazine

