

Apple Bars

<http://foodhero.org/recipes/apple-bars>

Chunky Black Bean Dip

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Curry Tuna Salad Wraps

Yield: 6 servings (from the Healthy American Cookbook)

Ingredients:

½ cup fat-free plain yogurt (regular or Greek)
2 TBSP fresh lemon juice
1 tsp curry powder
1 12 oz can solid white tuna in water, drained
2 celery ribs, diced
2 TBSP minced red onion
2 cups seedless red grapes, cut in half
2 TBSP slivered almonds
6 whole wheat tortilla wraps (10")
Lettuce leaves and sliced tomato

Directions:

- In a medium bowl, combine yogurt, lemon juice and curry powder.
- Add tuna, celery, onion, grapes and almonds. Mix well.
- Line tortilla wrap with lettuce leaves and tomato slices. Place about ½ cup tuna mixture in center and roll up.

Tuscan-style Tuna Salad

Yield: 4 servings, 1 cup each (adapted from www.eatingwell.com)

Ingredients:

1 12 oz can solid white tuna in water, drained
1 15 oz can cannellini beans, rinsed & drained (or great northern beans)
10 cherry tomatoes, quartered
4 scallions, trimmed and sliced
2 TBSP olive oil
2 TBSP lemon juice
Ground pepper to taste
Optional: 2 TBSP fresh basil leaves, chopped

Directions:

- Combine all ingredients in a medium bowl and gently stir together.
- Serve with pita pocket, whole wheat tortilla wraps, or crackers.