Recipe
Takes 10 minutes
Makes 4 servings

YOU WILL NEED:
- mixing bowl
- spatula
- cutting board
- knife (adults only)
- 1/4 cup measure
- tablespoon measure
- plates and spoons

Ingredients
For 8 servings

- 1/4 cup non-fat, plain yogurt
- 1/4 cup light mayonnaise
- 1 tablespoon lemon juice
- 1/4 cup diced red bell pepper
- 1/4 cup diced celery
- 1/2 cup chunk light tuna in water, drained
- salt and pepper to taste
- 15 whole grain crackers
- 1/2 cup grape tomatoes, cut in half lengthwise

Preparation
In a small bowl, mix together yogurt, mayonnaise and lemon juice. Add the bell pepper, celery, tuna, salt and pepper and gently stir to coat. Scoop tuna salad on top of each of the crackers, then top with a grape tomato slice.
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the tuna fish and canned tuna.
3. Draw a healthy heart on the tuna fish

Blub blub!
Tuna makes your _______ go lub dub!