



CURRIED CASHEW, APPLE AND TUNA SALAD

- 1 12 ounce can **Crown Prince Natural Albacore Tuna**, drained and flaked
- 2 small apples, peeled, cored and chopped
- 1/4 cup mayonnaise
- salt and black pepper to taste
- 1/4 cup chopped cashews
- 1 teaspoon curry powder



Combine the first four ingredients and set aside.

Place the cashews in a small skillet. Stir over medium heat for 1 to 2 minutes until the nuts are fragrant and golden. Add the curry powder and stir for 30 seconds, or until the cashews are well-coated. Add to the tuna mixture and mix well. *Serves 4.*

NOTE: Serve on a bed of salad greens, stuff into a pita pocket, or load on top of a bagel.

Per Serving: 171 Calories (77 Calories from Fat), 9g Fat, 12g Protein, 14g Carbohydrate, 19mg Cholesterol, 172mg Sodium