

# September Recipe of the Month

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## Curried Apple & Tuna Salad

Curry powder is a blend of spices and varies in different countries and regions. Turmeric is common to all curry blends and gives it its yellow color. The curcumin in turmeric is thought to act as an anti-inflammatory agent. The taste of curry with the crunch of the apples and the meatiness of the tuna make this perfect combination.

**Serves:** 2

**Serving size:** 1 cup serving

- 1 medium apple, peeled, cored and chopped
- 1 tbsp lemon juice
- ¼ cup finely chopped celery
- ¼ cup chopped green onions
- ½ cup peeled and diced cucumbers
- 4 ounces canned tuna in water, drained and flaked
- ½ cup plain nonfat yogurt
- 2 tsp light mayonnaise
- ½ tsp curry powder
- 2 tsp sugar substitute
- ¼ tsp garlic powder



### Directions:

1. Combine apple, lemon juice, celery, green onions, cucumbers, and tuna, in a bowl, toss lightly and set aside.
2. Next place yogurt, mayonnaise, curry, sugar substitute, and garlic powder into a small bowl, and mix well.
3. Pour over apple tuna mixture and toss well.
4. Chill.

**Per Serving:** 160 calories, 17g protein, 2g fat (0g saturated), 30mg cholesterol, 19g carbohydrate, 2g fiber, 14g sugar, 350mg sodium

**% Daily Value:** Vitamin A 4%, Vitamin C 25%, Calcium 15%, Iron 4%

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