



Apple Tuna Sandwich

Ingredients:

- 2 6-ounce cans unsalted tuna in water, drained
- 1 medium apple (green or red), chopped
- 1 celery stalk, peeled and chopped
- ¼ cup low fat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 6 lettuce leaves
- 6 slices fresh tomato

Instructions:

- 1) Combine and mix tuna, apple, celery, yogurt, mustard, and honey.
- 2) Spread ½ cup of the mixture on three bread slices.
- 3) Top each slice of bread with lettuce, tomato and the remaining bread.
- 4) Cut sandwiches in half or as desired.

Yield: 3 whole sandwiches

Ideas/Substitutions

- Use whole grain bread made in Montana or try the tuna in a whole wheat tortilla or pita.
- Add more fresh vegetables to your sandwich (shredded carrots, sliced cucumbers, green or red pepper strips).
- Serve the tuna as a salad on a bed of mixed greens with whole grain crackers.
- Make a tuna melt: Top one slice of bread with tuna, tomatoes, and low-fat cheese. Warm or broil in oven until cheese melts.

Nutrition Analysis

Serving Size: 1 sandwich
Calories: 330
Total Fat: 4.0 g
Saturated Fat: 1.0 g
Trans Fat: 0 g

Total Carb: 37 g
Dietary Fiber: 6 g
Sodium: 370 mg
Protein: 38 g

Recipe Source

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