

Tuna Apple Salad Sandwiches

Ingredients:

- 6 1/2 ounces tuna in water,
canned
- 1 stalk celery
- 1 apple
- 2 tablespoons reduced-calorie
mayonnaise
- 1 tablespoon lemon juice
- 8 each whole wheat bread slices

Equipment:

- Cutting board
- Knife
- Mixing bowl
- Spoon
- Measuring spoons
- Can opener

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Open tuna and squeeze out liquid. Put in a mixing bowl and break up with a fork.
2. Wash celery and chop in small pieces. Wash and cut apple in half and in half again. Cut out core and chop into small pieces.
3. Add celery and apple to tuna. Stir well.
4. Add mayonnaise and lemon juice. Stir well.
5. Spread on slices of whole wheat bread.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts			
Serving Size: 1/2 cup mixture			
Servings: 4			
Amount Per Serving			
Calories 234		Calories from Fat 45	
		%Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			4%
Cholesterol 16mg			5%
Sodium 495mg			21%
Total Carbohydrate 32g			11%
Dietary Fiber 5g			20%
Protein 17g			35%
Vitamin A 1%	Vitamin C 7%		
Iron 15%	Calcium 5%		

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.