

Tuna Salad Sandwiches

Ingredients:

12 ounces tuna in water, canned
 4 ounces cheddar cheese, low fat
 3 tablespoons pickle relish
 1/3 cup low fat mayonnaise
 12 whole wheat bread slices

Equipment:

Mixing bowl
 Can opener
 Mixing spoon
 Measuring cups
 Measuring spoons
 Knife
 Grater

Number of Servings: 6
 Prep Time: 5 minutes
 Total Time: 5 minutes

Directions

1. Open can of tuna and drain liquid. Place in a mixing bowl and flake with a fork.
2. Use a grater to shred cheese into small pieces. Add to bowl.
3. Add pickle relish and mayonnaise. Mix well, breaking up large clumps.
4. Spread mixture on three slices of bread, and top with remaining slices.
5. Can also broil or toast.

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Nutrition Facts	
Serving Size: 1 sandwich	
Servings: 6	
Amount Per Serving	
Calories 282	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	9%
Cholesterol 25mg	8%
Sodium 727mg	30%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Protein 25g	49%
Vitamin A 2%	Vitamin C 0%
Iron 16%	Calcium 13%
*Percent Daily Values are based on a 2,000 calorie diet.	

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