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.

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Nutrition Facts

Serving Size: 1/2 cup mixture
Serves: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 234</td>
<td>Calories from Fat 45</td>
</tr>
<tr>
<td>Total Fat 5g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Cholesterol 16mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sodium 405mg</td>
<td>21%</td>
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<tr>
<td>Total Carbohydrate 32g</td>
<td>11%</td>
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<tr>
<td>Dietary Fiber 5g</td>
<td>20%</td>
</tr>
<tr>
<td>Protein 17g</td>
<td>35%</td>
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</tbody>
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Percent Daily Values are based on a 2,000 calorie diet.

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