



Apple Tuna Sandwiches

Serving Size: 1 sandwich

Yield: 3 servings

Ingredients:

- 1 can (6.5 ounces) drained tuna, packed in water
- 1 apple
- 1/4 cup yogurt, lowfat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves



Directions:

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

Nutrition Facts: Calories, 250; Calories from fat, 30; Total fat, 0g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 360mg; Total Carbohydrate, 37g; Fiber, 5g; Protein, 21g; Vit. A, 2%; Vit. C, 4%; Calcium, 8%; Iron, 15%.

Source: Adapted from: Pennsylvania Nutrition Education Network Website Recipes, USDA, Snap-ed Connection.



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