



September 13- Apple Tuna Sandwiches

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/tuna-apple-salad-sandwich>

Recipe

Ingredients:

- 1 can tuna, packed in water (6.5 ounces, drained)
- 1 apple
- ¼ cup yogurt, low-fat 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 ½ 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.

Yield 3 servings

Nutrition Facts

Serving Size 1 sandwich (143.84g)
Servings Per Container 3

Amount Per Serving

Calories 220 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 290mg **12%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **13%**

Sugars 8g

Protein 23g **46%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

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