

Tuna Sammies

Makes: 15 or 60 servings

Ingredients	15 Servings		60 Servings	
	Weight	Measure	Weight	Measure
Tuna, light, packed in water		2- 12.5 oz cans		8- 12.5 oz cans
Bread, whole wheat		15 slices		60 slices
Carrots, chopped		1-1/2 cups		6 cups
Celery, chopped		1-1/2 cups		6 cups
Mayonnaise		2 Tbsp + 2 tsp		10 Tbsp + 2 tsp

Directions

1. Combine tuna, carrots, celery and mayonnaise. Stir well to blend.
2. Scoop 1/2 cup tuna mixture onto one slice of bread.
3. Fold in half to make sandwiches.

Notes

Serving Tips:

Tuna makes a great topper for a salad, or it can be used to make a sandwich. Serving this tuna over spinach or as a dip with whole grain crackers makes a great snack.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	171	
Total Fat	5 g	
Protein	16 g	
Carbohydrates	17 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	397 mg	