

# Apple Tuna Sandwiches

**Makes:** 3 servings

A twist on the traditional tuna salad sandwich, this version features a con

## Ingredients

- 1 **can** tuna, packed in water (6.5 ounces, drained)
- 1 apple
- 1/4 **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 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.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	3 g	4%
Protein	23 g	
Carbohydrates	35 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	3%
Sodium	330 mg	14%

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