



Apple Tuna Sandwich

Ingredients:

- 1 can (6 1/2 ounce) tuna in water, drained
- 1 small apple, halved (remove seeds) and chopped (1 cup)
- 1/4 cup low fat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey*
- 6 slices whole wheat bread
- 3 iceberg lettuce leaves

Apple Tuna Sandwich
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Directions:

1. Wash hands with warm water and soap. Wash fresh fruit and vegetables before preparing.
2. In a medium bowl, combine tuna, apple, yogurt, mustard, and honey.
3. Spread 1/2 cup mixture on 3 bread slices.
4. Top each with lettuce leaf and remaining bread.
5. Place on cutting board. Cut sandwiches in half and serve.

Nutrition Facts (Per Serving)

* Honey should not be fed to infants less than one year of age.

Nutrition Information Per Serving: Calories, 274; Carbohydrate, 34 g; Protein, 25 g; Total Fat, 3 g; Trans Fat, 0 g; Saturated Fat, 1 g; Cholesterol, 38 mg; Fiber, 3 g; Total Sugars, 11 g; Sodium, 490 mg; Calcium, 110 mg; Folate, 46 mcg; Iron, 2 mg; Percent Calories from Fat, 10%.

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Makes 3 servings, 2 sandwich halves each



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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