



Apple Tuna Sandwiches



Ingredients



Adapted from *EatFresh.org*

- 6 1/2 ounces Tuna drained
- 1 Apple peeled, chopped
- 1/4 cup Vanilla Yogurt low-fat
- 1 teaspoon Mustard
- 1 teaspoon Honey
- 3 pieces Lettuce
- 6 slices Bread whole grain



Directions



Yield: 3 sandwiches **Serving size:** 1 sandwich

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 slices of bread.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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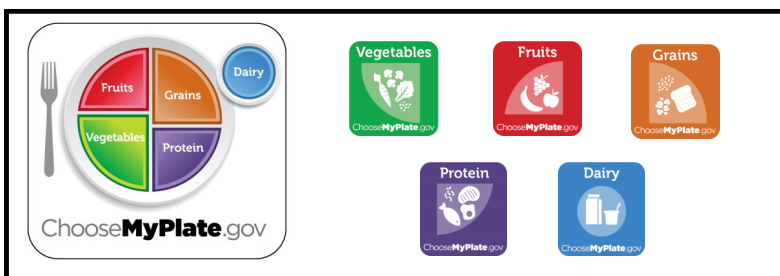
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Fast Facts



Featured Food Groups



Cooking Tips



- Try out different kinds of apples when they are in season
- Put a slice of cheddar cheese on top and broil for a tuna apple melt!

Nutrition Facts	
Serving Size 1	
Serving Per Container 3	
Amount Per Serving	
Calories 270	
	% Daily Value*
Total Fat 4.6 g	6%
Saturated Fat 1.2 g	6%
Sodium 478 mg	21%
Total Carbohydrate 26 g	9%
Dietary Fiber 5.5 g	20%
Protein 23 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

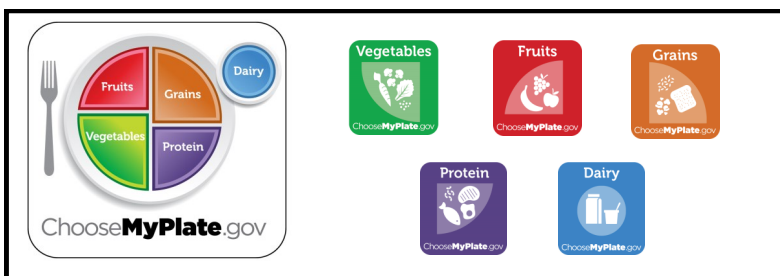
Second Harvest is an equal opportunity provider.



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