

## Tuna Salad Sandwich

*The whole family will hum to the “tun-a” this easy-to-make sandwich!*

3-4 servings

### Ingredients:

- 1 (3 ounce) can tuna, packed in water, drained
- 2 tablespoons mayonnaise
- Pita or pocket bread, whole wheat bread, bagel or bun

### Directions:

1. Combine ingredients in a small bowl.
2. Add variations you choose.

### Variations:

- 1 tablespoon chopped sweet or dill pickle
- 2 tablespoons chopped celery
- 1 chopped hard cooked egg plus 1 tablespoon more mayonnaise

**Nutrition Facts:** One sandwich provides 170 calories, 4g total fat, 10mg cholesterol, 370mg sodium, 23g total carbohydrate

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Tuna Salad Sandwich  
Applesauce  
Carrot/Celery Sticks  
Milk

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