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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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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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Tuna Salad Sandwich

Carrot/Celery Sticks

Chef's Choice

Applesauce

Milk

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