



Tuna Salad Sandwich

The whole family will hum to the "tuna" this easy-to-make sandwich!

Level: Easy

Serves 3-4

Kids' Tool Kit

Can opener
Measuring spoons
Knife
Cutting board
Mixing bowl
Rubber spatula
Strainer

Ingredients:

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



Directions:

Remember to wash your hands!

1. Combine tuna and mayonnaise in a small bowl.
2. Add variations of your choice.

Chef's Choice

Tuna Salad Sandwich
Applesauce
Carrot/celery sticks
Milk

Variations:

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

Helpful Hints: Pita or pocket bread, whole wheat bread, crackers, bagels or a hotdog bun can "hold" the filling! This sandwich can be served cold or heated on a bun in the oven.



Nutrition Facts

Serving Size 1 sandwich (75g)	
Servings Per Container 3-4	
Amount Per Serving	
Calories 170	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 10mg	4%
Sodium 370mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Safety Tip: To keep this sandwich filling cold, it is a good idea to start with cold ingredients. Place an unopened can of tuna in the refrigerator overnight before you make this recipe. Your sandwich filling will be cold, safe and delicious!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.