



# Apple Tuna Sandwich

Servings 4 | Prep time 15 mins. | Total time 15 mins.

## Equipment:

Cutting board  
Medium bowl  
Can opener

## Utensils:

Knife  
Measuring cups and spoons  
Mixing spoon

## Ingredients

1 apple  
1 5 ounce can tuna in water  
1/2 cup vanilla low-fat yogurt  
1 teaspoon mustard  
1 teaspoon honey  
4 slices whole grain: bread slices, English muffins,  
tortillas, crackers etc. OR 4 lettuce leaves for serving

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruit.
2. Chop apple into small pieces.
3. Drain the water from the can of tuna or chicken.
4. Add tuna, apple, yogurt, mustard, and honey to a medium bowl and stir to combine.
5. Put 1/2 cup tuna mixture on your choice of whole grain bread or lettuce to make a sandwich or wrap.

## Nutritional Information:

Calories 180  
Total Fat 2g  
Sodium 190mg  
Total Carbs 26g  
Protein 14g