



Apple Tuna Sandwich

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

Equipment: Cutting board, Medium bowl, Can opener

Utensils: Knife, Spoon, Measuring cups and spoons

Ingredients

1 apple
1 6.5 ounce can tuna or chicken, packed in water
1/2 cup non-fat vanilla yogurt
1 teaspoon mustard
1 teaspoon honey
4 whole grain bread slices, English muffins, tortillas, wraps, crackers, or 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