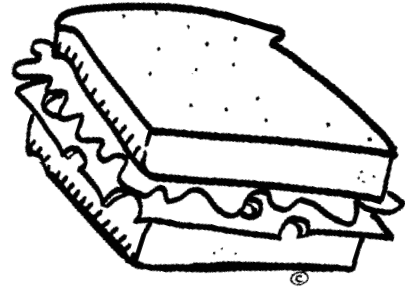


Jazz Up That Tuna Sandwich

2 servings

What you need:

- 1 (6 oz) can light tuna in water, drained and flaked
- 1/2 cup carrots, chopped or shredded
- 1 medium apple, peeled, cored and coarsely chopped
- 3 Tbsp “light” mayonnaise
- 4 slices whole wheat bread, toasted if desired
- 2 slices tomato



All you do:

1. Combine the tuna, carrot, apple, and mayonnaise in a medium bowl and mix well.
2. Spread the tuna mixture evenly over each 2 bread slices.
3. Top each with 1 tomato slice and 1 bread slice. Cut in half and serve.

Nutritional Information per Serving:

360 calories, 11g fat, 2g saturated fat, 760mg sodium, 43g carbohydrate, 8g fiber, 26g protein