

Tuna Sandwich



TEAM 104: SHI QILUN, GUO YICHEN, TAO QIANKUAN

For a basic tuna sandwich, you'll need the following ingredients:

- 1 (7 oz.) can of white tuna packed in water, drained
- ¼ cup mayo or Miracle Whip
- 5 sweet or dill pickles (cucumber chips), 2 leaves iceberg lettuce, or baby spinach
- Whole wheat bread

Here's how to make it:

1. Drain and rinse the tuna. In a small bowl, mix the tuna with mayo or Miracle Whip.
2. Spread the mixture over whole wheat bread. Add pickles, lettuce, or spinach if desired.

This recipe is courtesy of Shayna Bedingfield. Enjoy your sandwich!