



Tuna Salad Sandwiches

Ingredients:

12 ounces tuna in water, canned 4 ounces cheddar cheese, low fat 3 tablespoons pickle relish 1/3 cup low fat mayonnaise 12 whole wheat bread slices

Equipment:

Mixing bowl Can opener Mixing spoon Measuring cups Measuring spoons Knife Grater

Number of Servings: 6 Prep Time: 5 minutes Total Time: 5 minutes

Directions

- 1. Open can of tuna and drain liquid. Place in a mixing bowl and flake with a fork.
- 2. Use a grater to shred cheese into small pieces. Add to bowl.
- 3. Add pickle relish and mayonnaise. Mix well, breaking up large clumps.
- 4. Spread mixture on three slices of bread, and top with remaining slices.
- 5. Can also broil or toast.





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Nutrition Facts Serving Size: 1 sandwich Servings: 6			
Amount Per Serving			
Calories 282		Calories from Fat 72	
		%Daily V	/alue*
Total Fat 8g			12%
Saturated Fat 2g			9%
Cholesterol 25mg			8%
Sodium 727m		30%	
Total Carbohydrate 30g 1			10%
Dietary Fiber 4g			16%
Protein 25g			49%
Vitamin A	2%	Vitamin C	0%
Iron	16%	Calcium	13%
"Percent Daily Values are based on a 2,000 calorie diet.			

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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.