

Jazzed Up Tuna Sandwich

Ingredients

- 1 (6 ounces) can light tuna in water, drained and flaked
- 1/2 cup carrots, chopped or shredded
- 1 medium apple, peeled, cored and coarsely chopped
- 3 tablespoons mayonnaise
- 4 slices bread, toasted if desired
- 4 slices of tomato
- 6 lettuce leaves

Directions

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 2 tomato slice, 3 lettuce leaves, and 1 bread slice. Cut in half and enjoy



Makes 2 servings

*Nutrition information per serving:
360 calories, 11g fat, 2g saturated
fat, 760mg sodium, 43g
carbohydrate, 8g fiber, 26g protein*