

## Tuna sandwich



Recipe credit

Texas Cooperative Extension Expanded Nutrition Program. The Texas A&M University System

### **About this recipe**

Serves

6

Time to make

30 minutes

Special criteria

[Summer meals in a SNAP](#)

# Ingredients

- 1 can tuna, water packed (6 ounce)
- 2 celery (medium stalks, chopped)
- 1/2 cup American cheese
- 1/4 cup light mayonnaise
- 1 tablespoon instant minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 12 whole wheat bread (slices)

# Directions

1. Wash hands with soap and water.
2. Drain tuna and break the meat apart with a fork.
3. Wash and chop the celery and dice the cheese.
4. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
5. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).

# Nutritional info

Calories

227

Total fat

7g

Saturated fat

2g

Cholesterol

19mg

Sodium

641mg

Total carbohydrates

27g

Dietary fiber

4g

Protein

14g

Total sugar

4g

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