

Apple-Tuna Sandwiches

Makes: 6 servings

Ingredients:

- 2 cans chunk-light tuna (5 oz each) packed in water, drained
- 1 green or red apple, diced
- 1 stalk celery, diced
- 1/2 cup plain non-fat Greek yogurt
- 2 tsp mustard
- 12 slices whole-wheat bread
- 6 large lettuce leaves
- 1 tomato, sliced



Photo Credit: www.relish.com

Method:

1. In a large bowl, whisk together yogurt and mustard.
2. Add tuna, apples and celery, mix well.
3. Spread tuna mixture evenly on a slice of bread. Top with lettuce leaf, tomato slice, and another slice of bread.
4. Repeat to make sandwiches.
5. Enjoy!

Nutrition Facts

6 servings per container

Serving size 1 sandwich

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 17%

Total Carbohydrate 29g 11%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 2g Added Sugars 4%

Protein 20g 40%

Vitamin D 1mcg 4%

Calcium 128mg 10%

Iron 2mg 10%

Potassium 350mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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