

TUNA FISH SANDWICH

Ingredients:

12 ounce can tuna in water
½ cup chopped raw celery
½ cup chopped green apples
2 boiled eggs, chopped
6 ½ tablespoons reduced fat mayonnaise
10 pieces whole wheat bread

Directions:

Rinse and drain tuna for 5 minutes. Break apart with fork. Add celery, apples, eggs, and mayonnaise, then mix well. Spread ½ cup mixture on 1 piece whole wheat bread and cover with another piece whole wheat bread.

Yield: 5 sandwiches

Justin McGuire

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Junior – Main Dish