

Tuna Salad Sandwiches



Ingredients

- **2-5oz cans of white albacore tuna IN WATER**
- **1 tablespoon of plain Greek yogurt**
- **$\frac{2}{3}$ cup finely chopped celery**
- **$\frac{1}{3}$ cup finely chopped red onion**
- **2 tsp dry parsley**
- **1 tsp dry dill**
- **$\frac{1}{2}$ tsp pepper**
- **$\frac{1}{4}$ tsp salt**
- **Whole wheat bread**

Directions

- 1. Make sure to wash hands for at least 20 seconds with soap and warm water. Get between fingers, around wrists, and underneath fingernails.**
- 2. Finely chop celery and finely chopped onion.**
- 3. Wash off cans of tuna. Open and drain as much water as possible.**
- 4. In a large mixing bowl, lightly break up tuna.**
- 5. Add Greek yogurt to the tuna and lightly mix.**
- 6. Next add celery and onion. Add parsley, dill, and black pepper.**
- 7. Lightly mix all the ingredients together.**
- 8. Toast bread for a minute or so or to whatever your preference is.**
- 9. Assemble your sandwich and enjoy!**

Nutrition Information

Serving Size: ~ 1/3 cup

- **Calories: 140**
- **Carbohydrates: 4g**
- **Protein: 27g**
- **Fat: 9g**
- **Sugar: >1%**