Apple and Tuna Sandwiches Recipe

**SERVINGS: 3**

**INGREDIENTS**

1 can tuna, packed in water (6.5 ounces, drained)  
1 apple  
¼ cup yogurt, low-fat vanilla  
1 teaspoon mustard  
½ teaspoon honey  
6 slices whole wheat bread  
3 lettuces leaves

**DIRECTIONS**

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread ½ cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

**NUTRITIONAL VALUES**

Serving size: 1/3 of recipe  
Calories: 250  
Cholesterol: 28 milligrams  
Carbohydrates: 30 grams  
Sodium: 330 milligrams  
Fat: 2.5 grams  
Protein: 23 grams  
Dietary Fiber: 5 grams  
Sugar: 5.25 grams