

Tuna Sandwich



Ingredients:

- 6 ounces tuna, packed in water
- 1/2 tomato, sliced
- 2 lettuce leaves
- 2-3 tablespoons Greek yogurt
- 4 slices of whole-wheat bread
- 1 teaspoon mustard (optional)
- salt and pepper to taste

Directions:

1. Drain tuna. Place tuna in an airtight container.
2. Add Greek yogurt, mustard, and salt and pepper to taste.
3. Place a lettuce leaf onto a slice of bread, add tomato, and tuna, top with a second slice of bread. Repeat the process to complete the second sandwich.

Makes 2 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>