

Zesty Tuna Fish Salad Sandwich

Serves 4

Ingredients:

8 slices whole wheat bread
2 (6 oz.) cans tuna packed in water, drained
¼ cup mayonnaise
Zest and juice of 1 lemon
4 eggs, hard boiled and finely chopped
¼ cup chopped dill pickles
4 T minced onion
½ t lemon pepper
4 leaves green leaf lettuce, chopped
8 slices tomato, thinly sliced



Directions:

In a medium mixing bowl, whisk together mayonnaise, lemon zest and lemon juice. Add tuna, eggs, pickles, minced onion and lemon pepper and stir to coat.

Divide tuna salad among 4 slices of bread. Top each with chopped lettuce and tomato slices. Top with remaining 4 slices of bread and serve.

Meal Accompaniments:

4 cups 1% low-fat milk
4 medium apples
32 baby carrots

Nutrition Per Serving:

Calories: 641
Saturated Fat: 6g
Sodium: 998 mg
Potassium: 1343 mg
Calcium: 453 mg
Vitamin D: 280 IU/ 7 mcg
Dietary fiber: 11 g

Food Group Amounts:

Grains: 2 ounces
Proteins: 4 ounces
Vegetable: 1 ½ cup
Fruit: 1 cup
Dairy: 1 cup
Oils: 2 tsp



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.