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%