

# Dilly Tuna Salad Sandwich



*Canned tuna is an excellent source of protein, omega-3 fatty acids, selenium, and vitamin D.*

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## Nutrition Info

**Makes:** fluid ounces

= cups

= milliliters (mL)

**Calories:** 540 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 48.4%

**Protein:** 28.4%

**Fat:** 23.2%

## Make it for the whole family:

Enjoy your tuna salad sandwich with your tubie as they have their blend.

# Dilly Tuna Salad Sandwich

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## Ingredients

- 2 cups skim milk
- 1 (7 ounce) can chunk light tuna in water, drained
- 2 medium apples, cored and sliced
- 1 cup red bell pepper, diced
- 1 cup fresh spinach
- 4 slices whole grain bread (100 calories each)
- 2 tablespoons mayonnaise
- 1 tablespoon dried dill weed
- Optional: old bay seasoning

## Kitchen Gear

Can opener

Chef knife

Cutting board

Measuring tools:

- 1 cup
- Tablespoon

## Preparation

1. In a bowl, combine tuna, red bell pepper, dried dill and mayonnaise.
2. Assemble the sandwich using the tuna salad mixture. Top with spinach. Sprinkle with old bay seasoning to taste. Serve with sliced apples and a cup of milk.

To Blend:

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

## Tips

Look for bread labeled “100% whole grain” or “100% whole wheat” when selecting a bread. This will ensure the bread contains the entire grain including vitamins, minerals, and fiber.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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