



Best Tuna Sandwich

What makes the best tuna sandwich?

#1 Quality Bread

#2 Quality Mayonnaise or Vegenaise

#3 Quality Tuna (in water)

Ingredients

2 cans tuna (packed in water), drained

½ cup red onion, chopped

2 celery stalks, chopped

1/8 cup (or less) sweet pickle relish

3 to 5 tablespoons mayonnaise or Vegenaise

1 teaspoon yellow mustard

1 apple, chopped (optional)

Chopped toasted almonds (optional)

4 slices 100% whole wheat bread

Directions

- Mix the tuna with the red onion, celery, pickle relish, mayonnaise (or Vegenaise), and mustard well in a bowl with a fork. If you desire, add the apple and/or toasted almonds.

- Toast the bread (optional) and spread with tuna mixture.

Add lettuce, sliced tomato and red onion to your sandwich, if desired.



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