

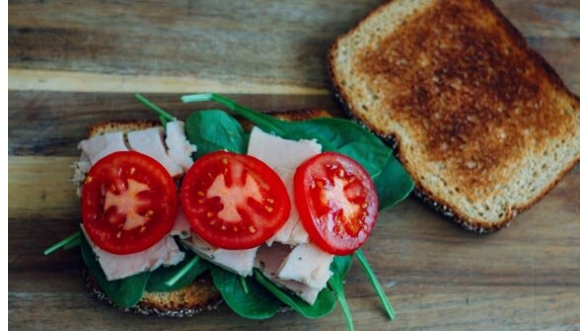


Updated Tuna Sandwich

Light Options, Recipes, Sandwich

Ingredients Needed

- 2 slices Aunt Millie's Best Grains 100% Whole Wheat Bread
- 2 ounce tuna packed in water
- 1/8 teaspoon Italian Seasoning without salt
- 1/3 cup fresh spinach leaves
- 4 slices tomato



Directions | Yield: 1 servings

1. In a small bowl, combine tuna and Italian seasoning.
2. Place spinach leaves on one slice of bread.
3. Arrange tomato slices on top of spinach.
4. Top with tuna mixture and a second slice of bread.