Rosemary Tuna Salad Sandwiches

Prep: 5 minutes | Chill: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

1 (5-ounce) can tuna, drained

2 tablespoons chopped almonds

2 tablespoons plain Greek yogurt

2 tablespoons olive oil mayonnaise

1/4 teaspoon ground dried rosemary

1/4 teaspoon onion powder

1/4 teaspoon Dijon mustard

Pinch ground black pepper

4 slices whole-grain bread

2 cups fresh spinach, loosely packed

1 tomato, sliced

2 thin onion slices

Directions

1. In a small bowl, combine the tuna, almonds, yogurt, mayonnaise, rosemary, onion powder, mustard, and black pepper.
2. Set the mixture in the refrigerator for 10 minutes to chill and to allow the flavors to blend.
3. Place down two slices of bread.
4. Divide the tuna mixture, spinach, tomato, and onion over the two bread slices.
5. Top with the remaining bread slices to make two sandwiches.
6. Cut the sandwiches diagonally in half and serve.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 462 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 5.5 g | Protein: 41 g

Adapted from www.myrecipes.com | Submitted by Dana Herring MS, RDN
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