

Carrot-Top Tuna Sandwich—6 Servings

Did you know? Tuna is a heart-healthy seafood option. Try it on a salad, in a sandwich or even by itself!

Two 6 ounce solid white tuna in water, drained and flaked
1 large carrot, shredded (about 1 cup) or 1 cup preshredded carrots
1 medium Granny Smith apple, peeled, cored, and coarsely chopped (about 1 cup)
½ cup light canola mayonnaise
1 tablespoon honey mustard
12 slices whole wheat bread, toasted if desired

Combine the tuna, carrot, apple, mayonnaise, and honey mustard in a medium bowl and mix well. Spread the tuna mixture evenly over each of 6 bread slices. Top with the remaining bread slices. Cut in half and serve.

For even more fiber and flavor, add ½ cup golden raisins and/or ½ cup chopped walnuts!

Source: **The Mom's Guide to Meal Makeovers, Improving the Way Your Family Eats, One Meal at a Time!**; Janice Newell Bissex, M.S., R.D., and Liz Weiss, M.S., R.D.