Better-than-Subway Tuna Sandwich

**INGREDIENTS**

- 5 oz can of tuna
- 1 carrot, shredded or finely diced
- 1 stalk of celery, diced
- 1/4 of an onion, finely diced
- 1 heaping Tablespoon of plain Greek yogurt or Mayo
- 2 slices of bread
- Your favorite sandwich toppings (i.e. pickles, tomatoes, lettuce, jalapenos, spinach, cucumbers, bell peppers, avocado, sriracha)

**PREPARATION**

1. Rinse carrot and celery under running water before shredding/dicing.
2. Drain tuna and place in a medium-sized bowl. Add diced carrots and celery and your Greek yogurt or mayo and stir to combine.
3. Scoop tuna salad on top of slice of bread and layer on your favorite sandwich toppings. Finish it off with another slice of bread and enjoy!
4. Store leftover tuna salad in the refrigerator for up to 2 days.

**Tip:** Round out this meal with a serving of fruit like a small apple or pear. In place of bread, scoop up the tuna salad with your favorite crackers or sliced cucumbers.

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