

LOW PROTEIN RECIPE - Main Dish

Tuna Salad Sandwich

Makes 4 sandwiches - approximately 1/3 cup per serving.

Ingredients:

- 1 tablespoon grated carrot
- 1/2 cup finely chopped celery
- 2 tablespoons finely chopped onion
- 1-6 1/2 ounce can of tuna, water packed, drained
- 1/4 cup light mayonnaise type dressing

How to Make:

- Blend all ingredients together.
- Put approximately 1/3 cup filling on 2 slices white bread.

Composition:

- 1 serving = 2 bread
 - 1 1/2 high sodium meat list A
 - 1 vegetable
 - 1/2 fat
- (19 grams protein, 480 mg Na, 150 mg phos, 18 mg chol)

Finishing Touches:

- Depending on your diet plan, to complete the meal you may want to add:
 - lettuce and tomato to the sandwich
 - carrot sticks
 - a dessert (fat free cake)
 - a fruit (canned or frozen or fresh with the cake)

For Diabetics Only:

- 1 serving = 2 bread exchanges
- 1 1/2 meat exchanges
- free vegetable
- 1 fat exchange

Note: To lower sodium - use salt reduced tuna or rinse tuna well with water.