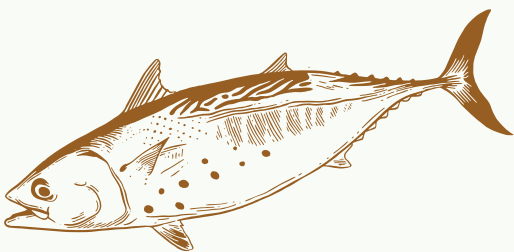
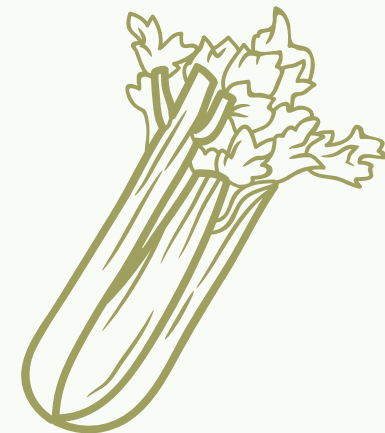


National Nutrition Month



Tuna Sandwich

INGREDIENTS & DIRECTIONS

- 2 cans of tuna... drained
- 2 celery stalks... chopped
- 2 tablespoons of red onion...finely chopped
- A tablespoon of Olive Oil
- A squeeze of lemon juice
- 1 tablespoon mustard...Optional
- A pinch of salt & pepper
- In a mixing bowl, stir together the olive oil, lemon juice, mustard, salt & pepper.
- Add the drained tuna on top, along with the celery and red onions. Stir & combine the ingredients.
- Serve on its own or on toast.