

Tuna Fish Sandwich

2 cans of tuna fish packed in water

1 Stalk of Celery

3 Tablespoons Hellmann's Mayonnaise

(or if you're concerned about fat/calories use fat-free mayo)

Several leaves of romaine lettuce

In a large bowl mix 2 cans of drained tuna, 3 tablespoons of mayonnaise thoroughly. Finely Chop stalk of celery and add to the large bowl. Stir ingredients until everything is mixed into tuna and mayonnaise.

Spoon mixture onto a slice of toasted whole wheat bread covering bread evenly, top with lettuce and finish with a slice of toasted wheat bread on top. Cut diagonally!

Note: Can also be served on a bagel or white toast.