



# Rosemary Tuna Salad Sandwiches

Prep: 5 minutes | Chill: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 sandwich

## Ingredients

1 (5-ounce) can tuna, drained  
2 tablespoons chopped almonds  
2 tablespoons plain Greek yogurt  
2 tablespoons olive oil mayonnaise  
1/4 teaspoon ground dried rosemary  
1/4 teaspoon onion powder  
1/4 teaspoon Dijon mustard  
Pinch ground black pepper  
4 slices whole-grain bread  
2 cups fresh spinach, loosely packed  
1 tomato, sliced  
2 thin onion slices

## Directions

1. In a small bowl, combine the tuna, almonds, yogurt, mayonnaise, rosemary, onion powder, mustard, and black pepper.
2. Set the mixture in the refrigerator for 10 minutes to chill and to allow the flavors to blend.
3. Place down two slices of bread.
4. Divide the tuna mixture, spinach, tomato, and onion over the two bread slices.
5. Top with the remaining bread slices to make two sandwiches.
6. Cut the sandwiches diagonally in half and serve.

**Nutrition Facts Per Serving: Calories: 340 | Total Fat: 11.5 g | Saturated Fat: 1.5 g  
Sodium: 462 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 5.5 g | Protein: 41 g**

Adapted from [www.myrecipes.com](http://www.myrecipes.com) | Submitted by Dana Herring MS, RDN  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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