

# CELERY



## STORAGE

Store it in the refrigerator for up to 3 weeks.

## HELPS SUPPORT

Heart health, digestion, immune system, and vision.

## HOW TO USE

Dip it in your favorite light salad dressing or peanut butter; add it to a bean and corn salad; add it to a vegetable soup.

# TUNA SALAD SANDWICH

Servings: 4

Preparation Time: 15 Minutes

## INGREDIENTS

- 1 cup of chopped celery
- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons of finely chopped onion
- 3 tablespoons fat free mayonnaise
- 8 slices of whole wheat bread

### Optional

1 medium apple, cored and chopped



*Photo: Champions for Change Program*

## INSTRUCTIONS

1. In a small bowl, mix the tuna, celery, onion, and apple (if using) with the mayonnaise.
2. Put tuna salad on 4 slices of bread, and top with the other slice to create a sandwich.

*Adapted from the Champions for Change Program*