

Kid-Friendly Tuna Salad with Almonds and Raisins

Ingredients

- 1 6-ounce can tuna, chunk light, in water
- 1/2 cup cottage cheese, low fat
- 3 tablespoons almonds, sliced, toasted
- 3 tablespoons raisins, seedless
- 2 tablespoons carrots, grated
- 4 lettuce leaves, leaves
- 8 whole-wheat bread, slices



Directions

In a small bowl, toss together tuna, cottage cheese, almonds, raisins and carrots until well combined. Layer tuna salad and lettuce between slices of bread, and serve immediately or wrap tightly and refrigerate until ready to eat.