

Tuna Baguette



Ingredients:

- 1 (10 ounce) whole-grain baguette style French bread, sliced down the middle
- 2 packages of lemon peppered chunk light tuna
- 1 medium tomato
- 2 hardboiled eggs, chopped
- 1/2 cup spinach
- 1 tablespoon of olive oil

Directions:

1. Drizzle olive oil on both sides of bread.
2. On the bottom half of baguette place tuna, top with spinach, tomato, and boiled eggs.
3. Top with top half of baguette.
4. Cut crosswise into 4 servings.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>