

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Zesty Island Seafood Sandwiches

Yield: 2 servings, one sandwich each

- 1/4 cup light tuna or salmon, canned in water, drained well
- 1/2 cup cooked brown rice, couscous, quinoa or barley
- 1/3 cup chunky salsa
- 1/3 cup chopped celery or cucumber
- 1 tablespoon dried parsley
- 2 tablespoons cooked black beans, cooked without added salt, rinsed and drained
- 4 slices whole wheat bread or toast
- 2 slices cheese, such as American or provolone

1. Wash your hands and work area.
2. In a serving bowl, crush salmon bones if using salmon. Stir together all remaining ingredients, except for the bread and cheese.
3. If desired, cover and refrigerate mixture for several hours to allow flavors to blend.
4. To serve, place half of the mixture (about 2/3 cup) on a slice of bread. Top with a slice of cheese and another slice of bread.
5. Repeat for a second sandwich.
6. Cover and refrigerate leftovers within two hours.



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Research and Extension

*Meal suggestion:
Serve with a green leafy salad, yogurt and applesauce.*

This extra-lean cold main dish is an excellent source of dietary fiber and calcium, and is a good source of iron.

Nutrition Facts

Serving Size 1 sandwich (214g)
Servings Per Container 2

Amount Per Serving

Calories 310 Calories from Fat 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 890mg **37%**

Total Carbohydrate 42g **14%**

Dietary Fiber 7g **28%**

Sugars 7g

Protein 18g

Vitamin A 8% • Vitamin C 2%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.