



Dart's Dish on healthy eating!

Tuna Sail Boats

Ingredients: 16 1/2 ounce can tuna (packed in water), 1 tbsp. sweet pickle relish, stalk celery (finely chopped), 1/2 cup light mayonnaise, 4 whole-grain rolls, 4 triangle-shaped tortilla chips



Directions: Drain tuna and mix together tuna, relish, celery, and mayonnaise. Scoop out the center of each roll. Fill with 1/4 tuna mixture. Top with tortilla chip to form a “sail.” Makes eight servings. Serving size is 1/2 boat.

**Good source
of protein**

FAMILY ENGAGEMENT