

Sandwiches

Source of proteins.



Ingredients



Preparation

Egg sandwich

3 PORTIONS

6	Eggs, hard-boiled, shelled and mashed	6
¼ cup	Green onion, chopped	60 ml
3 tbsp	Mayonnaise	45 ml
2 tsp	Dijon mustard	10 ml
2 tbsp	Vegetables, diced (carrots, celery, radish, etc.)	30 ml
To taste	Salt and pepper	To taste

1. In a bowl, mix all ingredients.
2. Serve on your favourite bread.

Tuna sandwich

4 PORTIONS

2 cans	Tuna, light, in water, drained	2 cans
1/3 cup	Mayonnaise	80 ml
¼ cup	Celery, finely chopped	60 ml
2 tbsp	Olives, finely chopped	30 ml
1	Green onion, finely chopped	1
To taste	Pepper	To taste



Tip

Alternative: replace canned tuna by canned salmon.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)

