



Tuna 'N Dill Pickles

- 1 can of tuna
- 3-4 pickles, sliced
- 1 tbsp low-fat or fat-free mayonnaise
- Salt and Pepper to taste
- 1 whole wheat roll

Slice the pickles into small pieces and then mix into the can of tuna. Stir in the low-fat or fat-free mayonnaise and then add salt and pepper to taste.