

European-Style Tuna Sandwiches

Yield: 6 servings

Ingredients:

3 6-ounce cans water-packed tuna
3 tablespoons drained capers, minced
2 teaspoons minced garlic
1 teaspoon dried oregano, crumbled
½ cup grated Parmesan cheese
¼ cup mayonnaise
1½ tablespoons fresh lemon juice
salt and black pepper to taste
2 1-pound loaves French or Italian bread
½ cup pitted black olives, pureed
24 spinach leaves, washed and patted dry
2 tomatoes, sliced
1 red onion, thinly sliced

Procedure:

Combine tuna, capers, garlic, oregano, cheese, mayonnaise and lemon juice in a medium bowl. Season with salt and pepper. Cut each bread loaf crosswise into three pieces and then halve each piece lengthwise. Pull out centers of bread pieces so that only ½-inch crusts remain (save pulled-out bread for another use). Spread olive puree lightly on the inside of each bread piece. Spread ½ cup of the tuna mixture onto each bread bottom, and then top with spinach leaves, tomato and onion slices, and bread tops.

about 375
calories and
12.5 grams of
fat per

A serving of European-Style Tuna Sandwiches also provides about 20 percent of the daily recommendations

for vitamins A (as beta carotene) and C.



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