

## **Mediterranean Style Tuna Sandwich**

**1 ea. 3-ounce can of Tuna packed in water/white meat chicken may be substituted**

**1 ea. Ripe Tomato or sun dried tomato if desired**

**1 Ea. Red pepper/ roasted or substitute jarred pepper (cut in strips)**

**4 Tablespoons Olive Oil**

**2 Tablespoons Capers**

**¼ cup minced red Onion**

**Mesclun Lettuce**

**Or another favorite as desired type**

**¼ cup Basil leaves (snipped into small pieces)**

**Italian Parsley (stems removed; chopped roughly)**

**Salt preferably Sea Salt**

**White pepper preferably fresh ground**

**Choice of bread or wrap**

- Method:**
- 1) Open and drain your favorite brand of Tuna.**
  - 2) Place the tuna in a bowl and gently “mash” it to a fine Consistency, season with salt and pepper to taste.**
  - 3) Add the oil drizzling in to desired consistency**
  - 4) Add the capers, red onion, parsley, basil & combine**
  - 5) Take your favorite bread or wrap fill with the tuna Mixture, top with the tomato, lettuce and the red pepper.**

**Hints: you can also toast great whole grain bread and also layer in sliced hard cooked egg, anchovies, more basil leaves a few crushed black olives on the side? Wrap the sandwich (es) for picnic anywhere press the foil wrapped sandwich so the juices soak the roll ! Pan Bagna....which the Romans translated to Bathed Bread...as in olive oil and flavor!**