

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!