

Ultimate Tuna Sandwich

Dash Magazine

Servings: 2

Preparation Time: 10 minutes

Start to Finish Time: 10 minutes

1/4 white onion, thinly sliced

1/4 small red onion, thinly sliced

2 tablespoons extra-virgin olive oil

3 tablespoons red-wine vinegar

1/4 teaspoon salt

Black pepper to taste

1 can (6 oz) tuna in olive oil

lemon juice and redf-wine vinegar to taste

2 kaiser rolls

lettuce leaves

8 slices tomato

1 egg, hard-boiled

Combine onions with olive oil, one tablespoon red-wine vinegar, salt and black pepper in a bowl; marinate 5 minutes.

Mix in tuna, including the oil. Season with lemon juice, more red-wine vinegar, salt and pepper to taste.

Cut kaiser rolls in half crosswise; place lettuce leaves on bottom half. Top each with four tomato slices, half the tuna mixture and three slices hard-boiled egg.

Add pitted Nicoise, if desired.

Per Serving (excluding unknown items): 272 Calories; 18g Fat (54.2% calories from fat); 8g Protein; 26g Carbohydrate; 6g Dietary Fiber; 106mg Cholesterol; 347mg Sodium. Exchanges: 1/2 Lean Meat; 5 Vegetable; 3 Fat.