

Sandwiches

Spinach & Artichoke Tuna Melts

Rachael Ray

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Servings: 4

2 cans (5 oz each) Italian tuna, drained and flaked
1 can (14 oz) artichoke hearts in water, drained well and chopped
1 box (10 oz) thawed, frozen chopped spinach, drained well and pulled apart
1 1/2 lemons, juiced
1/2 red onion, finely chopped
2 ribs celery hearts, finely chopped
1/4 cup extra-virgin olive oil
1/4 cup fresh parsley, chopped
3 tablespoons capers, drained
2 cloves garlic, grated
pepper
4 large ciabatta rolls
2 cups mild provolone, shredded
sliced tomato (for topping)

Position a rack in the center of the oven and preheat the broiler.

In a bowl, combine the tuna, artichoke hearts, spinach, lemon juice, onion, celery, olive oil, parsley, capers and garlic. Season with pepper.

Split the ciabatta rolls and arrange on a baking sheet. Top the bottoms with even mounds of tuna salad and cheese.

Broil to melt the cheese and toast the roll tops.

Add the sliced tomatoes to the sandwiches.

Cover with the roll tops and serve.

Per Serving (excluding unknown items): 136 Calories; 14g Fat (84.8% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.