

Grilled Ginger Tuna Slices & Swiss Cheese Sandwich

The melted Swiss cheese & sundried tomato spread are a delicious complement to the smoked tuna slices.

Serves 4 (one sandwich each) Prep time 15 min / Total time 15 min

INGREDIENTS

- 1 can (120 g) Gold Seal® Smoked Light Tuna Slices with Ginger in Sunflower Oil, drained
- ¼ cup sundried tomatoes, oil drained, finely chopped
- 1 Tbsp fresh basil, chopped
- ½ cup low fat mayonnaise
- ½ cup baby spinach leaves
- 4 slices Swiss cheese
- 1 Tbsp butter for frying
- 8 thin slices sourdough, or your favourite bread

COOKING INSTRUCTIONS

1. In a small bowl mix sundried tomatoes, basil and mayonnaise.
2. Spread thin layer of mixture over sourdough, add spinach leaves, tuna slices and cheese, and top with another slice of bread.
3. In a large non stick frying pan over medium/high heat fry sandwiches in butter, on both sides, until golden brown and cheese begins to melt.

Ingredient of the day: Tuna Slices

Gold Seal® Smoked Light Tuna Slices are made from premium yellowfin tuna delicately smoked over a sugarcane fire, hand-sliced and hand-packed.

http://www.goldseal.ca/products/smoked_tuna.asp

Download this recipe @ www.goldseal.ca



Gold Seal®
CHEF TIPS

- Use thinly sliced Brie cheese instead of Swiss, if you prefer.
- Use Arugula salad instead of spinach.

NUTRITIONAL VALUES / SERVING:

Calories 273	Fiber 1 g
Fat 15 g	Cholesterol 33 mg
Sat Fat 5 g	Sodium 446 mg
Carbs 18 g	Sugar 1 g
Protein 19 g	Calcium 289 mg