

Grilled Wholesome Whole Wheat Apple Tuna Sunday Sandwiches

Ingredients:

1. 4 cans of tuna
2. 1 small granny smith apple
3. ¼ onion
4. Lemon juice
5. 2 leaping tablespoons Smart Balance mayo
6. 1 tablespoon sweet relish
7. Sm. bunch of parsley
8. Garlic salt and pepper
9. Orowheat double fiber bread
10. Mustard
11. Sliced pepper jack
12. Red leaf lettuce
13. Sliced tomatoes
14. Broccoli
15. Cucumbers
16. peperoncini



From the kitchen of Joleen Lopez

Drain the cans of tuna and place in a medium sized mixing bowl. Chop items 2 and 3 and throw in bowl. Squirt a slice of lemon juice over ingredients and mix. Add items 5-8 and mix thoroughly. Heat a nonstick pan on medium high. Prepare sandwich—bread, mayo, mustard, pepper jack cheese, tuna salad mix. Melt butter in pan immediately before placing sandwich in pan. Heat the top and bottom pieces of bread next to each other. When bread becomes toasted on the bottom remove from heat. Layer tomatoes and red leaf lettuce. Then place 2nd piece of bread on top. Serve with steamed broccoli, cucumber spears, and peperoncini.

This sandwich is great for dinner on a lazy Sunday evening. The double fiber bread alone rounds up your fiber intake by 12grams of fiber! Pepper jack and parsley also give this sandwich a nice gourmet taste. Replacing fresh vegetables for chips also helps leave room for a tasty dessert. Try this healthy gourmet *Grilled Wholesome Whole Wheat Apple Tuna Sunday Sandwiches* on Sunday or any day of the week for a great twist to traditional tuna sandwiches.

Bon Appétit,

Joleen Lopez