American Classics

HEALTHIER TRADITIONS COOKBOOK

Ingredients

Tuna Salad

- 2 6-ounce cans light tuna packed in water, drained
- 1 stalk celery, minced
- ¼ cup jícamá, peeled and minced (or carrots)
- 3 tablespoons red onion, minced
- 1 tablespoon extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- black pepper

Sandwiches

- 8 slices whole grain bread (such as 100% whole wheat)
- 4 slices cheddar, Świss, or Monterey Jack cheese
- 4 slices tomato (optional)
- 2 tablespoons olive oil

Directions

- **1.** Combine all ingredients for tuna salad in medium bowl.
- 2. Compose sandwiches by spreading equal parts tuna salad on 4 slices of bread and topping with cheese, tomato, and second slice of bread for each sandwich. Brush outside of sandwich lightly with olive oil.
- **3.** Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1–2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 batches). Cover with loose lid and cook for 3–4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3–4 minutes. Remove from heat, slice in half, and serve.

