

Tuna Sandwich with a Twist



6 servings



15 minutes

INGREDIENTS

Tuna salad

2x 170g cans (2 x 6 oz.) tuna, drained
2 green onions, chopped
125 mL (1/2 cup) red bell pepper, seeded and diced
30 mL (2 tbsp) mayonnaise
30 mL (2 tbsp) plain yogurt
30 mL (2 tbsp) parsley, finely chopped
5 mL (1 tbsp) dill, chopped
30 mL (2 tbsp) capers, drained and chopped
15 mL (1 tbsp) lemon zest
15 mL (1 tbsp) lemon juice, freshly squeezed
1 mL (1/4 tsp) Espelette pepper Salt and pepper, to taste

For the sandwich

2x 20 cm (8 in.) whole-wheat pitas, halved
4 leaves lettuce
4 slices Saputo Havarti cheese slices

DIRECTIONS

Step 1

In a bowl, combine all tuna salad ingredients. Set aside.

Step 2

Carefully open the pitas and place a leaf of lettuce and a slice of cheese in each half. Add the tuna salad.

Step 3

Cover with plastic wrap and refrigerate until serving.