

Mediterranean

PESTO TUNA

2/8

Change up the flavors in your usual sandwich or salad & to transport yourself to a mini vacation!

Let's do
Lunch

IN A MEDIUM BOWL, MIX TOGETHER:

- ✓ 5 oz can of tuna, drained
- ✓ 2-3 tbsp of prepared basil pesto (jarred or homemade)
- ✓ 2 tbsp oil-packed sundried tomatoes, sliced or chopped
- ✓ 1-2 tbsp mayonnaise
- ✓ 1-2 tbsp crumbled feta cheese (optional)
- ✓ A generous squeeze of lemon juice & few cracks of black pepper
- ? Your favorite mix-ins: capers, olives, jarred artichokes hearts, roasted red peppers, walnuts

ENJOY WITH:

- Crackers and sliced raw veggies
- On a sandwich (toast the bread - yum!)
- On a salad (add a source of carbohydrate for a balanced lunch!)

