

Healthy Eating

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Lancaster County

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<http://lancaster.unl.edu/food>

Fruity Tuna Salad Sandwiches

Serves 2 to 4

Though this recipe can be made with basic kitchen ingredients, the taste isn't anything like your ordinary tuna salad sandwich. The addition of grapes complements the other flavors and adds an extra dimension to the taste and texture of the sandwich.

- 1 (6 oz.) can tuna, drained
- 1/2 cup red seedless grapes, halved
- 1/4 cup bottled olive oil and vinegar dressing
- 1/4 cup red onion, finely chopped
- 1/4 cup chopped celery
- 1 tbsp. light mayonnaise
- 4 pieces of focaccia bread
- 4 leaves green leaf lettuce



1. Combine tuna, grapes, dressing, onion and mayonnaise in a medium bowl, just stir until combined.
2. Cut open bread and place lettuce leaves on half bread pieces.
3. Spread tuna salad over lettuce, pressing down slightly. Top with remaining bread.

Recipe Source: Courtesy of the California Table Grape Commission < <http://www.tablegrape.com> >

Alice's Notes:

1. Choose a "low sodium" or "no salt added" form of tuna if desired.
2. If you'd like to make a quick olive oil and vinegar dressing from scratch, whisk together 3 tablespoons olive oil, 1 tablespoon red wine vinegar and a dash of freshly ground black pepper.
3. While not as colorful as red onions, a sweet onion could be substituted for the red onion.
4. Focaccia is a flat Italian bread with a crisp crust and traditionally flavored with olive oil and herbs. It may be round or square. If you don't have focaccia, you might serve these on a crusty whole grain bun or even toasted whole grain bread (1 slice, cut in half, used per sandwich).
5. The red grapes add a nice color note; however you can substitute a different color if you like.
6. "Always store grapes unwashed and in the refrigerator. Rinse grapes just prior to serving or using in a recipe," advises the California Table Grape Commission.

Related Links:

- Making an Olive Oil Salad Dressing < http://lancaster.unl.edu/food/ciq_olive_oil.shtml >
- Basic Foods for Fridge, Freezer and Cupboard < <http://lancaster.unl.edu/food/ciq-basics.shtml> >

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