

# LEMON BURST TUNA TOAST

Easy Recipe

Tuna sandwiches are a simple, versatile, and satisfying meal option. A perfect lunch whether at home or school, this sandwich is not your everyday tuna sandwich! The secret? Lemon juice and olive oil.

**PREP TIME:**

5 minutes

**COOKING TIME:**

N/A

**AMOUNT RECIPE MAKES:**

2 servings

**SKILLS USED:**

Measuring, cutting, mixing/stirring

**Nutrition Nuggets:** Tuna is rich in omega-3 fatty acids, essential for a healthy heart and sharp brain function. It's also a great source of protein, supporting muscle development and overall strength.

**Leftover Love:** There are plenty of leftover options for leftover tuna salad! Add your leftovers into a wrap or on top of greens for a salad. A tuna melt is also a big hit so add it on top of a slice of bread, top with shredded cheese, and bake in the oven until golden brown!

**Food for Thought:** Do you want to add some crunch to your sandwich? Dice up 1-2 celery stalks and add it into the tuna salad mixture!

## EQUIPMENT:

- Large bowl
- Measuring cups and spoons
- Fork
- Spatula or spoon
- Toaster *(optional)*

## INGREDIENTS:

- 1 (5 ounce) can tuna, drained well *(can use canned chickpeas - drained, rinsed, mashed with a fork for vegetarian/vegan)*
- 1 tablespoon mayonnaise *(can use vegan)*
- 1 teaspoon olive oil
- Juice from 1 wedge of lemon
- Salt and pepper, to taste
- 4 slices whole grain bread *(can use gluten-free, if necessary)*
- 2 lettuce leaves
- 1 tomato, thinly sliced

## DIRECTIONS:

1. In a large bowl, combine the tuna with mayonnaise, olive oil, lemon, pepper, and salt.
2. Mash well with a fork.
3. Toast the bread *(optional)*.
4. Top two slices of bread with tuna, lettuce, and tomato. Then top with the remaining slices of bread.