



Tuna and Artichoke Open Faced Sandwich

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 cup canned artichoke hearts, without oil, about four pieces, drained and chopped
- 1/4 cup scallion(s), chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon olive oil
- 1/2 teaspoon Italian seasoning
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 6 ounces water-packed tuna fish, drained, albacore, and flaked
- 2 average whole-wheat english muffin(s), split
- 3 tablespoons grated Parmesan cheese

Instructions

Preheat broiler.

Combine first 8 ingredients in a medium-sized bowl. Divide the mixture evenly among muffin halves; sprinkle with cheese.

Place on a baking sheet; broil 5 inches from heat until golden brown, 5 minutes.

NOTES:

You won't find any mayo in this tuna salad just lemon juice and a hint of olive oil. Use albacore tuna because it flakes better.

SERVINGS: 2
