



## Tuna Salad Sandwich (Sammies)

NIBBLEDISH CONTRIBUTOR

### Ingredients

12-16 ounces of canned tuna (or turkey)  
½-¾ cup apple, cored and diced or grapes, quartered  
1 stalk of celery, diced (or carrots)  
½ onion, diced  
1 ½ tbsp pecans, pine nuts or walnuts, toasted and chopped (or not toasted)  
1 ½ tbsp dried cranberries or golden raisins  
1 tbsp thyme, sage, parsley or cilantro (I used both cilantro and thyme)-optional  
salt/pepper  
¼ cup crumbled feta or manchego, crumbled-optional  
1 tbsp lemon juice (or crushed capers with some juice)  
1-2 tbsp mayo (Omit this to keep calories down, just add more lemon/mustard or vinaigrette)  
2 tsp to 1 tbsp spicy mustard-optional  
½ to 1 loaf of your favorite bread (I used French bread), toasted or not

### Instructions

Chop or dice ingredients and toss in bowl with tuna, herbs, lemon juice, mayo, cheese (optional) and mustard (optional). Toast your bread, if you wish and add tuna salad (or turkey). I think this would make a tasty sort of panzanella by making the bread into croutons and tossing with the salad mixture. That's my plan for next time.