

Mediterranean PESTO TUNA

Level up the flavors in your usual sandwich or salad to transport yourself to a Mediterranean villa!

LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM

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
- ✓ A generous squeeze of lemon juice & few cracks of black pepper
- ? Optional mix-ins: capers, olives, jarred artichokes hearts, walnuts

SERVE WITH:

- Crackers and sliced raw veggies
- On a sandwich (toast the bread - yum!)
- On a salad (don't forget to add a source of carbohydrate for a balanced lunch!)



This recipe is not very photogenic, but WOW does it smell great! That's never something we thought we'd say about tuna fish!