

Tuna Your Way - NOW!



TIP: The tuna salad shown here requires only 3 ingredients, 3 pieces of equipment, and no cutting with a knife or use of a can opener - if you use a tuna can with a pull-tab top.

Preparation Time: 2-7 minutes

Needed
(for 1)

3 Ounce Can of Tuna
1/2 Tablespoon Relish

1 Tablespoon Mayonnaise or Favorite Sandwich Spread (use no fat or low fat mayonnaise or sandwich spread for a leaner tuna salad)

Bread or Tortilla (optional)

Red Roasted Peppers (optional)

Your Favorite Sliced, Shredded or Grated Cheese (optional)

Tablespoon

Fork

Table Knife (only needed if you're cutting a sandwich or wrap in half)

Bowl

Microwave Oven Safe Plate (only if you're making a tuna melt or warm tortilla wrap)



1. Open the **tuna can**, and scoop the **tuna** into a bowl.



2. Add **1/2 tablespoon relish** and **1 tablespoon mayonnaise** or favorite sandwich spread.



3. Stir with a fork until...



...the **tuna salad** looks about like this.



4. Either have the **tuna salad** as is or make a **simple sandwich** or **tortilla wrap** as shown here, or...

Simple Tuna Sandwich



Simple Tuna Tortilla Wrap



...add your choice or a combination of **sliced or grated cheese** and/or **roasted red peppers** - or anything you want, and either have what you've made as is or...

Tuna Sandwich with Cheese & Roasted Peppers



TunaWrap with Cheese & Roasted Peppers

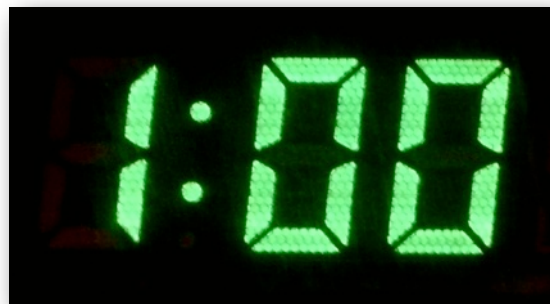


...warm it by putting the plate in the microwave oven and cooking on HIGH heat or 100% power for about 1 minute or until the **cheese** melts (if you're using cheese).

Warm Tuna Sandwich



Warm Tuna Tortilla Wrap



Then either have the **sandwich or wrap** whole or cut it in half with a table knife.

Warm Tuna Sandwich



Warm Tuna Tortilla Wrap

