

Tuna Salad Open-Faced Sandwich

Ingredients for Tuna Salad:

- 1 can (7 oz.) tuna in water, drained
- 1 celery stalk, finely chopped
- 1 tablespoon finely chopped red onion
- 1 teaspoon chopped capers
- 1 teaspoon finely chopped jalapeños (optional)
- Juice of 1 lime or lemon
- 1 teaspoon mustard (optional)
- 2 to 3 tablespoons mayonnaise
- Salt & Pepper to taste

Ingredients for the Sandwich:

- 2 pieces of baguette or bread of your choice
- Olive oil
- Tomato slices
- 2 slices of Provolone cheese (or any cheese that melts well)
- Tuna salad
- Avocado slices
- Hot sauce (optional)

Instructions:

1. Prepare the Tuna Salad:

- In a bowl, combine the drained tuna, chopped celery, red onion, capers, jalapeños (if using), lime or lemon juice, mustard (optional), and mayonnaise.
- Mix everything thoroughly and season with salt and pepper to taste.

2. Assemble the Sandwich:

- Drizzle some olive oil on the bread slices.
- Place tomato slices on the bread. If you prefer not to have cooked tomatoes, place them on top of the melted cheese after toasting.
- Add the slices of Provolone cheese on top of the tomatoes.
- Toast the bread until the cheese is melted and bubbly.
- Top the melted cheese with a generous portion of the tuna salad.
- Add avocado slices on top and drizzle with hot sauce if desired.
- Serve and enjoy your flavorful open-faced sandwich!

Nutritional Breakdown (Per Sandwich):

- **Calories:** 350-400 kcal
- **Protein:** 20-25 g
- **Fat:** 20-25 g
- **Carbohydrates:** 15-20 g
- **Fiber:** 4-6 g
- **Sugars:** 2-4 g
- **Sodium:** 600-800 mg

Note: Nutritional values may vary depending on the type of bread and specific ingredients used.