

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Tuna Panzanella

Serves 4



Ingredients

- 1 baguette cut in small cubes (croutons)
- 2 pints of cherry tomatoes cut in half
- 1 medium onion, chopped
- 250g canned white albacore tuna, strained
- 1/2-cup extra virgin olive oil
- 2-3 tablespoons of red wine vinegar
- 2 fresh basil leaves, chopped
- Salt and pepper to taste

Instructions

1. Place bread cubes on a baking sheet and bake at 400 degrees for about 10 minutes or until toasted to golden brown, flipping the croutons at halfway mark.
2. Place tomatoes in a mixing bowl, add a splash of water along with salt, pepper, and chopped onion. Add strained tuna along with the olive oil and a good splash of red wine vinegar. Finish with chopped basil.
3. Stir well to combine and let stand for 5 minutes before serving.

Buon Appetito!!