

Tuna and Artichoke sandwiches

4 to 6 sandwiches

- 2 cans (6 ounces each) solid albacore tuna, packed with sea salt (see note)
- 1 jar (6½ ounces) marinated artichoke hearts, drained well
- 2 teaspoons chopped pimento
- 1½ tablespoons lemon juice
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon dried oregano, crushed
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup light mayonnaise
- 4 to 6 crusty sandwich rolls, halved lengthwise
- Optional: 1/3 cup arugula leaves

1. Drain tuna and break up with a fork into small pieces. Chop artichoke hearts coarsely and add to tuna; add pimento.

2. Stir lemon juice, olive oil, oregano, salt and pepper into mayonnaise. Add to tuna and mix well. Remove a little of the inside crumb from the rolls. Spoon onto the bottoms of sandwich rolls and top with a few arugula leaves if using. Replace tops and cut sandwiches in half. Wrap well and refrigerate if not eating right away.

Note: Quality canned tuna packed with sea salt from St. Jude's or Tuna Guys is available at many Northwest supermarkets. If unavailable, two 6-ounce pouches of albacore tuna can be substituted.

Data per 1 of 6 sandwiches

Calories 254

Protein 10.51g

Fat 13.14g

Carbohydrates 25.16g

Sodium 660mg

Saturated fat 1.88g

Monounsaturated fat 3.28g

Polyunsaturated fat 5.55g

Cholesterol 12.50mg

From "Joie Warner's Take a Tin of Tuna."

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