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Mediterranean Tuna Panini

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Ingredients

- ❖ 12 ounce(s) fish, tuna, light, packed in water, drained
- ❖ 1 medium tomato(es), plum, chopped
- ❖ 1/4 cup(s) cheese, feta, crumbled
- ❖ 2 tablespoon artichoke hearts, marinated, chopped
- ❖ 2 tablespoon onion(s), red, minced
- ❖ 1 tablespoon olives, Kalamata, pitted, chopped
- ❖ 1 teaspoon capers, rinsed and chopped
- ❖ 1 teaspoon lemon juice
- ❖ pepper, black ground, to taste
- ❖ 8 slice(s) bread, whole-wheat
- ❖ 2 teaspoon oil, canola

Preparation

1. Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
2. Place tuna in a medium bowl and flake with a fork. Add tomato, feta, artichokes, onion, olives, capers, lemon juice and pepper; stir to combine. Divide the tuna mixture among 4 slices of bread (about 1/2 cup each). Top with the remaining bread.
3. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weigh it down with the cans. Cook the panini until golden on one side, about 2 minutes.
4. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.

