

Italian Tuna Sandwiches

3 cans tuna (6 oz each), drained well
½ cup red onion, minced
½ cup jarred roasted red peppers, chopped
2 tablespoons chopped parsley
1 teaspoon dried oregano
1 tablespoon extra virgin olive oil
1 tablespoon balsamic vinegar
Whole wheat bread/buns/dinner rolls

Combine all ingredients with a mixing spoon in a large bowl. Top each roll, or piece of bread with tuna and keep sandwiches at room temperature for approximately 30 minutes before serving to allow flavors to mingle. You may make the tuna salad the day prior to assembling the sandwiches to save time.

