Dress It Up With Veggies

One way to pack a plain ol' sandwich with taste and nutrition is to pile on seasoned cooked vegetables.

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Here's a recipe from the Real Health staff files for a gussied up tuna sandwich. It's perfect for when you're in a rush but still want something a little special to eat. Not only does the tuna beef up (no pun intended) the protein value, but the reasonably priced fish also makes the sandwich super filling and satisfying.

INGREDIENTS

1 medium bell pepper quartered (red or green)
1 medium zucchini cut into 4 lengthwise strips
1 small eggplant cut crosswise into ½-inch thick slices
1 6 oz. can tuna fish
1 tablespoon light mayonnaise
2 slices whole grain bread (or whatever type you like)

PREPARATION

Preheat oven to 400 degrees. Arrange pepper, zucchini and eggplant in a foil-covered baking dish. Spray with nonstick spray and drizzle with a tablespoon of olive oil. Sprinkle salt and pepper to taste. Roast veggies for 15 to 25 minutes. Remove from oven and set aside to cool. In a separate bowl, mix drained tuna fish with 1 tablespoon mayonnaise. Sprinkle in a dash of dried mustard, cumin and turmeric. Once the tuna fish and spices are thoroughly mixed, spread evenly on bread. Place warm roasted veggies on top of tuna fish. Cut sandwich in half and enjoy.

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