



Atún en Pan Tostado – Tuna on Toast

Mike
(Serves 8)

Ingredients

2 tbsp extra-virgin Spanish olive oil
2 medium yellow onions, thinly sliced
1 tsp sea salt, divided
8 plum tomatoes, halved lengthwise
1 baguette, cut into 16 slices (½" each) and toasted
2 can (6.5 oz) Spanish oil-packed Ortiz Bonito Tuna, drained and flaked
2 tbsp chopped fresh chives

Directions:

Thinly slice the baguette diagonally, lightly spray with oil and toast in a 350 degree oven for about five minutes.

Heat two tbsp of oil in a medium pan over low heat.
Cook onion until golden brown, about 30 minutes. (Add 1 to 2 tbsp water if onions stick.)
Add ¼ tsp sea salt; set aside.

Place a grater over a bowl. Rub cut surfaces of tomatoes across grater. Discard skins.

Add remaining ¼ tsp salt.

Spread grated tomato over toasts (about 1 tsp per toast).
Top with onion and tuna.

Garnish with chives.

Per serving (2 toasts): 118 calories, 2.9 g fat