

Tuna Spread Trilogy



Perfect in a sandwich, in a salad or with raw vegetables, these tuna spreads are delicious and allow you to vary your meals without breaking your head. As I often cook for myself, I appreciate the simplicity of a recipe that offers me three flavour profiles!

Preparation 15 min

Cooking 6 min

Servings 6

Nutrition Facts (per serving)

Calories 80

Fat 1

Carbohydrates 9

Fibre 3

Protein 9

Sodium 150

Ingredients

Base:

- 1/2 can 540 ml (19 oz) chickpeas, rinsed and drained
- 1 can 120 g (4 oz) tuna, crumbled in water, drained
- 125 ml (1/2 cup) plain Greek yogurt

- Pepper and salt

Mediterranean style (For 1/3 of the preparation):

- 2 sun-dried tomatoes in oil, drained and finely chopped
- 15 ml (1 tbsp) pitted kalamata olives, finely chopped
- 15 ml (1 tbsp) basil pesto

Tartar Style (For 1/3 of the preparation) :

- 3 slices dill pickle, finely chopped
- 5 ml (1 tsp) capers, finely chopped
- 5 ml (1 tsp) whole grain mustard

Curry and mustard (For 1/3 of the preparation) :

- 5 ml (1 tsp) curry powder
- 5 ml (1 tsp) yellow mustard
- ¼ of a small diced bell pepper (color of your choice)

Preparation

1. In a deep plate, using a fork, crush the chickpeas.
2. Combine chickpeas, tuna and yogurt. Season generously with pepper and add a pinch of salt to taste.
3. Separate the mixture into 3 bowls and add additional ingredients for each version. If you wish to prepare only one flavour, triple the amount of each ingredient.

Notes

Can be kept for 5 days in the refrigerator and does not freeze.



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