



Tuna Pizza Spread Recipe

Preparation Time	10
Cooking Time	15
Serving Size	12

Ingredients:

FOR THE SPREAD/FILLING

- 1 pouch DEL MONTE Quick 'n Easy Sweet Style Pizza Sauce (115g)
- 3/4 tsp honey (optional)
- 1 Tbsp mustard
- 1 Tbsp onion, chopped
- 1 1/2 Tbsp green onions, chopped
- 2 Tbsp pimiento, canned, chopped
- 2 can tuna chunks in brine (184g), drained

- - bread (wheat or pandesal buns)
- - fresh tomato slices, cucumber, and lettuce

Preparation:

1. Combine DEL MONTE Quick n Easy Sweet Style Pizza Sauce, honey and mustard. Mix well.
2. Add the rest of the ingredients. Mix.
3. Use as spread. Toast bread if desired. Garnish with cucumber, tomato slices and lettuce.

Chef's Tip

Gently mix the spread as you add the tuna so that the mixture remains chunky.

Lusog Notes

This spread is a source of niacin which helps keep the digestive system and skin healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Whisk
- Chopping Board