



Healthy Vitello Tonnato

RECIPE

Ingredients

- 2 large turkey breasts
- 100 g natural yogurt
- 10-20 g fresh mayonnaise
- 200 g tuna (canned/in a jar if you can get it)
- 2 sardines
- 10 capers (for including in the sauce)
- 6 capers whole with the long tail
- paprika

Directions

Preparation

- Put everything except turkey in food processor, pulverize until smooth and creamy
- Lightly grill turkey in a pan with olive oil
- Slice turkey while still hot into thinness fillets, arrange on a plate and cool
- Smother cooled turkey with tuna mixture, be sure to cover all meat well with the liquid
- Set aside to cool and allow turkey to absorb tuna mixture; approximately 1 hour

Serving

- Serve cold garnished with long capers with tails, in the middle, and sprinkled with paprika
- Serve with salad and fresh bread for a perfect summer meal
- If you imbibe, this is best with a frosty prosecco or full bodied white