



**ENJOY THE
FLAVORS**

OF LENT

WITH

SALADITAS
Gamesa.
&
Dolores[®]
tuna

RECIPE COLLECTION

PICO DE TUNA

with

Dolores[®]
tuna

&

SALADITAS
Gamesa.

Yields 2 servings

INGREDIENTS:

- 1 (5 oz) can of **Dolores tuna**[®], drained
- 1/3 Cup chopped tomatoes
- 1/3 Cup chopped onion
- 1 small jalapeño pepper, seeded and minced
- 1/3 Cup minced cilantro
- Salt and pepper to taste
- **Saladitas Gamesa**[®]



DIRECTIONS:

1. In a medium bowl, combine the **Dolores tuna**[®], tomatoes, onion, jalapeño, and cilantro. Season with salt and pepper.
2. Cover and refrigerate the pico de tuna for 10 minutes before serving to let the flavors marinate.
3. Serve chilled on top of your **Saladitas Gamesa**[®].



TUNA AND CHICKPEA SALAD

with

Dolores
tuna

&

SALADITAS
Gamesa

Yields 4 servings

INGREDIENTS:

- 2 (5 oz) cans of **Dolores tuna**® in vegetable oil, undrained
- 1 (16 oz) can chickpeas, drained
- 1 (2.25 oz) can black olives, chopped
- ¼ cup chopped Italian (flat-leaf) parsley
- ½ red onion, chopped
- 1 Lime, juiced
- ¼ cup crumbled feta cheese
- Salt and ground black pepper to taste
- **Saladitas Gamesa**®



DIRECTIONS:

1. Combine the **Dolores tuna**®, chickpeas, olives, parsley, red onion, lime juice, and feta cheese together in a bowl.
2. Season with salt and pepper.
3. Serve on top of **Saladitas Gamesa**®.



TUNA CEVICHE

with

Dolores[®]
tuna

&

SALADITAS
Gamesa

Yields 4 servings

INGREDIENTS:

- 2 cans of **Dolores tuna**[®] (5 oz) drained
- 1 cup orange juice
- ½ cup lime juice
- 2 tablespoons diced onion
- 2 diced jalapeños
- 1 tablespoon olive oil
- 3 tablespoons chopped cilantro
- 1 ripe avocado diced
- 1 ripe but firm mango diced
- Salt and pepper to taste
- **Saladitas Gamesa**[®]
- ½ avocado sliced for garnish

DIRECTIONS:

1. Combine the **Dolores tuna**[®] with orange juice, lime juice, salt, and pepper in a bowl. Cover with plastic and refrigerate for 30 minutes.
2. In a separate bowl, combine onion, jalapeños, olive oil, and cilantro. Add **Dolores tuna**[®], then stir in diced avocado and diced mango.
3. Serve on top of **Saladitas Gamesa**[®] and garnish with avocado slices.

