

# TUNA DISHES

## Tomato Avocado Melts



### Ingredients:

- \* 3 x 5 oz can light chunk tuna in water, low sodium
- \* 2 tbsp light mayonnaise
- \* ¼ tsp dill, chopped
- \* ¼ onion, minced
- \* 2 garlic cloves, minced
- \* 1 ripe avocado, sliced
- \* 1 tomato, sliced
- \* 1 x 4 oz slices part-skim mozzarella cheese
- \* 4 thin slices rye bread

### Directions:

***Makes 4 servings.***

Toast bread lightly in toaster. Next, combine tuna, mayonnaise, dill, onion and garlic in a medium bowl. Place toasted bread slices on a baking sheet. Layer the avocado and tomato slices next. Add the tuna mixture on top of the tomato and add a slice of cheese. Broil on high for about 3-4 minutes until the sandwich is hot and cheese has melted.

| Nutrition Facts                | Amount Per Serving      |                 | % Daily Values*               |                 | *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |
|--------------------------------|-------------------------|-----------------|-------------------------------|-----------------|--|
|                                | Amount Per Serving      | % Daily Values* | Amount Per Serving            | % Daily Values* |  |
| Serving Size 1<br>Calories 388 | <b>Total Fat</b> 19g    | <b>29%</b>      | <b>Total Carbohydrate</b> 20g | <b>7%</b>       | Calories 2,000 2,500   |
|                                | Saturated Fat 5g        | <b>25%</b>      | Dietary Fiber 6g              | <b>24%</b>      | Total Fat Less than 65g 80g  |
|                                | Trans Fat 0g            |                 | Sugars 4g                     |                 | Sat Fat Less than 20g 25g  |
|                                | <b>Cholesterol</b> 69mg | <b>23%</b>      | <b>Protein</b> 39g            | <b>78%</b>      | Cholesterol Less than 300mg 300mg  |
|                                | <b>Sodium</b> 479mg     | <b>20%</b>      |                               |                 | Sodium Less than 2400mg 2400mg   |
|                                | Vitamin C 31%           | • Calcium 23%   | • Niacin 45%                  |                 | Total Carbs Less than 300g 375g  |
|                                |                         |                 |                               |                 | Dietary Fiber 25g 30g  |
|                                |                         |                 |                               |                 |  |
|                                |                         |                 |                               |                 |  |
|                                |                         |                 |                               |                 |  |

*Did you know? Avocados are high in fat but it's the "good" monounsaturated fat that helps lower bad cholesterol!*

Recipe adapted from: <http://www.dizzybusyandhungry.com/avocado-tuna-melt/>

# TUNA DISHES

## Tuna Broccoli Quinoa Patties



### Ingredients:

- \* ½ cup quinoa, uncooked
- \* 1 cup broccoli, diced
- \* ½ cup onion, minced
- \* 7 oz can flaked light tuna in water, low sodium
- \* ½ cup bread crumbs
- \* 2 garlic cloves, minced
- \* ¼ tsp dill, chopped
- \* Pepper to taste
- \* 2 eggs
- \* Canola oil spray

### Directions:

*Makes 12 servings.*

Cook quinoa according to package directions, drain and let cool. Spray medium skillet with canola oil and sauté broccoli and onions until they turn soft (about 5 minutes), then let cool. Next, combine quinoa, broccoli and onions with tuna, bread crumbs, garlic and dill in a large mixing bowl. Add pepper to taste. Stir in eggs. Press mixture into ¼ measuring cup. Ease into skillet and use spatula to flatten into a 3 inch wide patty. Make 12 more patties using this same technique. Cook for 3-5 minutes per side. Serve lettuce wrapped or on a whole wheat/rye bun.

| Nutrition Facts               | Amount Per Serving      |  | % Daily Values* |  | Amount Per Serving           | % Daily Values* |            | * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |
|-------------------------------|-------------------------|--|-----------------|--|------------------------------|-----------------|------------|---|
|                               |                         |  |                 |  |                              |                 |            |   |
| Serving Size 1<br>Calories 71 | <b>Total Fat</b> 2g     |  | <b>3%</b>       |  | <b>Total Carbohydrate</b> 7g |                 | <b>2%</b>  | Calories 2,000 2,500  |
|                               | Saturated Fat 0g        |  | <b>0%</b>       |  | Dietary Fiber 1g             |                 | <b>4%</b>  | Less than 65g 80g   |
|                               | Trans Fat 0g            |  |                 |  | Sugars 1g                    |                 |            | Less than 20g 25g   |
|                               | <b>Cholesterol</b> 38mg |  | <b>13%</b>      |  | <b>Protein</b> 7g            |                 | <b>14%</b> | Total Fat 65g 80g   |
|                               | <b>Sodium</b> 124mg     |  | <b>5%</b>       |  |                              |                 |            | Sat Fat 20g 25g   |
|                               | Vitamin C 12%           |  |                 |  |                              |                 |            | Cholesterol 300mg 300mg   |
|                               |                         |  |                 |  |                              |                 |            | Sodium 2400mg 2400mg  |
|                               |                         |  |                 |  |                              |                 |            | Total Carbs 300g 375g   |
|                               |                         |  |                 |  |                              |                 |            | Dietary Fiber 25g 30g   |
|                               |                         |  |                 |  |                              |                 |            |   |

*Quinoa is gluten-free and is a complete protein that contains all the essential amino acids. Quinoa increases 4 times in size when cooked; so ½ cup uncooked quinoa will become ~2 cups!*

Recipe adapted from: <http://www.allergyfreealaska.com/2014/01/18/tuna-broccoli-quinoa-patties-lemon-caper-sauce/>

# TUNA DISHES

## Stir Fry

Heat skillet, spray with oil. Cook tuna, add your choice of vegetables, season with pepper and serve.



### MEAT:

- \* Canned light tuna in water, low sodium

### VEGGIE OPTIONS:

- \* Peas
- \* Corn
- \* Carrots
- \* Snap Peas
- \* Baby corn
- \* Bean sprouts
- \* Beans (*black, kidney*)
- \* Chickpeas
- \* Peppers (*red, yellow, orange, green*)
- \* Broccoli
- \* Cauliflower

### SERVE ON:

- \* Rice (brown or wild)
- \* Quinoa
- \* Whole wheat noodles