

## TUNA FISH SANDWICH

### Tuna

Tuna is full of protein & omega-3 fatty acids, which can help reduce "bad" LDL cholesterol accumulating in the heart's arteries. Omega-3's have been shown to reduce cardiovascular disease.

### Celery

Celery is loaded with antioxidants. These include well-known varieties such as flavonoids & vitamin C. Also containing a high level of several types of antioxidants, which fight free radicals to limit oxidative stress.

### Lemon

The pulp, rind, & juice in lemons are rich in vitamins that stimulate immunity & reduce disease risk. Lemons also contain high dietary fiber levels, decreasing risk factors for heart disease by lowering LDL or bad cholesterol.

### White Onion

White onions are good sources of vitamin C, vitamin B6, potassium, & folate. Allium vegetables, such as white onions, have Sulphur compounds & flavonoid antioxidants that have been proven to possess cancer-fighting properties.

### Garlic

Garlic can enhance the production of serotonin, a brain chemical responsible for signal transmission & mood regulation. Raw garlic also contains allicin, which is believed to have antibacterial & anti-fungal properties.

### Sourdough Bread

Sourdough bread is an excellent alternative to conventional bread. Its lower phytate levels make it more nutritious and easier to digest. Sourdough is also much lower in gluten.

### Cayenne Pepper

The active ingredient capsaicin in cayenne peppers has metabolism-boosting properties. Capsaicin also has potent pain-relieving properties when applied to the skin in a cream.

### Himalayan Pink Salt

Himalayan pink salt is believed to be the healthiest of all types of salt & is one of the purest available. It is full of elements, some of which are minerals valuable to your body's functions, including manganese, phosphorus, potassium, & iron.



## Instructions

*In a large bowl, combine:*

- 2 packs of **tuna**; drain excess water (before adding to bowl)
- 1 thin-medium slice of *diced onion*
- 2 stalks of **organic celery**, *diced*
- ½ tsp of **Himalayan pink salt**
- ⅛ tsp of ground **black pepper**
- ½ tsp of **garlic powder**
- 1 tbsp of **avocado-mayo**
- A fresh squeeze of **lemon** juice (just the tip of the lemon is plenty)
- Break up the chunks of **tuna** & mix well until blended
- Toast your choice of 2-4 slices of **sourdough bread** until lightly browned (this will depend on your toaster/oven)
- Add tuna fish mixture to the bread, once golden brown
- Add a *sprinkle* of **cayenne** (⅛ tsp) on top of the tuna fish (*optional*)
- Add a *handful* of **arugula** (*optional*)

*Serve, & enjoy!*

## Recipe

- **Organic Celery Stalks** - 2
- **Sourdough Bread** - 2-4 slices
- **Wild Planet: Tuna** - 2 packs
- **White Onion** - 1
- **Himalayan Pink Salt** - ½ tsp
- **Ground Black Pepper** - ⅛ tsp
- **Garlic Powder** - ½ tsp
- **Primal Kitchen: Avocado-Mayo** - 1 tbsp
- **Lemon** - 1
- **Cayenne Pepper** - ⅛ tsp (*optional*)
- **Arugula** - a *handful* (*optional*)



## Substitutions

- For this recipe, I decided to use Wild Planet: Albacore Tuna. Whenever I eat fish, I always get *wild-caught*; however, my preferences for fish have recently changed to catching my own or eating fish alternatives. Whichever you choose to use, always check the ingredient labels. *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- There are a few different mayonnaises that I jump around to, but for this recipe, I used Primal Kitchen: Avocado-Mayo because it's *gluten & soy-free*! A good *dairy & soy-free* alternative is Follow Your Heart: Veganaise; I've learned to listen to my body on days I feel like I need to eliminate dairy & use this 'mayo' instead! However, if you use another mayo of your choosing, please read the ingredients: *Again, a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Sourdough bread is low in gluten; however, please find a gluten-free alternative & check the ingredient label if you are gluten-sensitive. *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Arugula is rich in vitamin B & folate. Folate is essential because it aids in producing red blood cells & serotonin; this nutrient also helps prevent diseases such as diabetes, depression, & heart disease. Feel free to swap to one of your favorite greens, or even try kale or spinach! This ingredient is completely *optional*, but keep in mind, the *darker* the leaf, the better! Although, I feel like arugula adds a special spicy kick to this sandwich without setting your mouth on fire!