



Creamy Tuna, Cucumber Canapes, and Spicy Roasted Pepitas

Ingredients

Albacore tuna in water 4-5 oz.
Cucumber, peeled 1/2
Raw pepitas 1/4 cup
Sriracha or hot sauce 1 tsp
Extra-virgin olive oil 1 tbsp

Directions

1. Toss the pepitas with the olive oil and place in a pan on medium-high heat.
2. Toast until they start to pop, turning occasionally with a spatula.
3. When they are almost browned, add the hot sauce and coat each piece completely.
4. Cook for another 3 minutes, and cool on a paper towel.
5. Mix the drained tuna with the avocado until it all holds together easily.
6. Cut the cucumber into four 2-inch-thick pieces.
7. Scoop out the seeds to create a "bowl" for the tuna.
8. Fill the cucumber pieces with the tuna, avocado mixture.
9. Top with the pepitas and a dash of hot sauce. Devour.

Nutrition Facts

Serving size: 1 meal
Recipe yields 1 serving

Calories 406
Fat 18 g
Carbs 13.5 g
Protein 46 g