



**BODYBUILDING.com™**

## **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