

Toast with Tuna

Serves 2

The addition of cranberries bumps up the antioxidant benefits of this high omega fat sandwich.

1 6-oz. can solid white tuna
2 Tbsp. dried cranberries, roughly chopped
¼ yellow onion, minced
1 Tbsp. mayonnaise
2 tsp. balsamic vinegar
Salt and pepper to taste

Mix all the ingredients together.

Serve a scoop on a piece of toasted whole-grain bread. Makes 2 servings

Per serving: (includes one a slice of whole-grain toast): 230 calories, 22 g protein, 23 g carbohydrates (6 g fiber, 9 g sugar), 6 g fat (1 g saturated)