

Tuna & Green Olive Crostini

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

Nutritional Bonus: Tuna is a rich source of omega-3 fatty acids, which have been found to help reduce inflammation throughout the body and lower the risk of heart disease, blood pressure as well as enhance immune function. Eating tuna or salmon just 2 times per week may help increase omega-3 levels in the body as much as daily supplementation with fish oil.

FOUR: Arrange toasted baguette slices on a serving platter. Top each slice with a spoonful of tuna mixture, dividing evenly, and 1 olive slice. Serve immediately.

ONE: Heat a small skillet on medium. Add 1 tsp oil and swirl to coat skillet. Cook tuna on 1 side for 5 minutes, then flip with a spatula and cook for another 3 to 5 minutes, until cooked through. Transfer tuna to a plate and flake with a fork. Add tuna to a bowl and set aside for 10 minutes to cool.

TWO: Mince 4 olives and add to bowl with tuna. Stir in remaining 1 tbsp oil, lemon juice, parsley and dill. Cut remaining 4 olives crosswise into 4 slices each and reserve for garnish.

THREE: Place rack on highest position in oven. Preheat broiler to high. Place baguette slices on a baking sheet and broil for about 1 minute or until golden brown. (Watch carefully so they don't burn.) Remove from broiler and flip ba-

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guette slices over using tongs. Return to broiler for 1 more minute or until lightly browned.

FOLD LINE

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TUNA & GREEN OLIVE CROSTINI

Serves 4. Hands-on time: 15 minutes. Total time: 25 minutes.



INGREDIENTS:

- 1 tbsp plus 1 tsp olive oil, divided
- 6 oz yellowfin tuna steak, about 1 inch thick
- 8 green olives, divided
- Juice ½ lemon
- 1 tbsp minced fresh parsley
- 1 tbsp minced fresh dill
- 16 slices whole-wheat baguette, each cut ¼-inch thick (or 4 slices whole-wheat bread, each cut into 4 squares)

Nutrients per 4 crostinis: Calories: 179, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Omega-3s: 140 mg, Omega-6s: 555 mg, Carbs: 13 g, Fiber: 2 g, Sugars: 2 g, Protein: 14 g, Sodium: 369 mg, Cholesterol: 13 mg