



Tools Needed:  
Food Processor

## **“Not” Tuna Salad**

(Serves 4) 115 Calories; 7.5g fat per serving

So rich, filling, and nutritious; One little scoop goes far. Enjoy this tuna alternative, without worrying about mercury levels. Dulse is a mineral rich sea vegetable which can be found in the Asian section of your market. If unavailable, you may substitute for Nori.

½ cup Jicama, diced  
½ cup Sunflower Seeds, soaked  
½ cup Almonds, soaked  
2 – 3 tblsp. Lemon Juice  
½ tsp. Salt  
1 clove Garlic, minced  
½ cup Celery, minced  
½ cup Parsley, minced  
¼ cup Red Onion, minced  
1 T Dulse  
8 large Romaine Lettuce Leaves or 8 Cups Mixed Greens  
2 Tomatoes, sliced or diced

In a food processor, add the jicama, sunflower seeds, almonds, lemon juice, salt and garlic. Process until mixture resembles coarse meal. Add the red onion, parsley, celery and dulse, and pulse a few times, just enough to get those ingredients incorporated.

\*\*If serving on romaine leaves, divide evenly among romaine leaves and top with sliced tomatoes. Bite in just like you would a sandwich and enjoy!

\*\*If serving as a salad, divide the mixed greens among the plates, top with a scoop of the Not Tuna Salad in the middle of the greens, and diced tomatoes attractively around platter. Enjoy!

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### **Benefits:**

**Sunflower Seeds** – Just a one ounce serving of Sunflower seeds provides you with nearly 100% of your daily Vitamin E requirement, an important antioxidant. These little seeds of the sunflower plant also provide you with about a quarter of your day’s requirement of Iron, Magnesium, Selenium and Zinc! Such little powerhouses and all it takes is one ounce!

**Almonds** – This nut of a fruit related to peaches, apricots and plums has been found to be beneficial for your heart. Most of its fat is “monounsaturated”, the kind of fat that actually lowers your LDL (“Bad”) cholesterol levels. As with other nuts, almonds also provide you with Vitamin E, Magnesium and Iron.