

CREAMY HOT TUNA DISH

(Maintenance)

While it may not be tuna casserole, this is a nice, tasty option for more variety. It is very easy to make and can be eaten several ways. It would be good with salmon instead of tuna, too. This is a maintenance recipe, so exact portions are not a requirement, however, this recipe makes two servings and would cover your protein, fat and 1/4 cup of raw vegetables per serving.



INGREDIENTS

2-5 oz cans tuna, in water, drained (Skipjack is healthiest)
1/3 cup + 1 Tbsp Genesis mayo or Primal Kitchen Mayo
1 Tbsp Dijon mustard
1/4 cup chopped red onion
1/4 tsp. Pink Himalayan salt
1/4 tsp. black pepper
1/8-1/4 tsp. cayenne pepper (to taste, but adds more flavor)
1/2 cup Gruyere, Swiss or cheese of choice, shredded (divided)

INSTRUCTIONS

Preheat oven to 400°F. Mix together tuna, mayo, Dijon, onion, salt, pepper, cayenne and 1/4 cup Gruyere cheese.

Transfer mixture into a small, 1-quart casserole or glass Pyrex dish. Sprinkle with 1/4 cup Gruyere cheese. Bake 15 minutes or until hot.

Enjoy by itself, in a lettuce wrap, on a salad or as a dip for raw veggies.