



# De-Stress Recipes

## Week 3: Fatty Fish

**Omega-3 fatty acids**, found in fish like salmon and tuna, can prevent surges in stress hormones and protect against heart disease, mood disorders like depression, and premenstrual syndrome. For a steady supply of omega-3s, aim to eat 3 ounces of fatty fish at least three times a week.

### Quick Tuna Burgers

#### Ingredients

- 2 6-ounce cans chunk light tuna, drained
- ½ cup coarse dry whole-wheat breadcrumbs (or place 2 pieces of bread in a food processor)
- ½ cup low-fat mayonnaise, divided
- 1 4-ounce jar chopped pimientos, drained, or 1/3 cup chopped roasted red peppers, divided
- ½ cup finely chopped celery
- ¼ cup finely chopped onion
- ½ tsp Old Bay seasoning, divided
- 1 tbsp extra-virgin olive oil
- 4 whole-wheat hamburger buns or English muffins, toasted
- 4 lettuce leaves
- 4 slices tomato



#### Instructions

1. Combine tuna, breadcrumbs, ¼ cup mayonnaise, half of the pimientos (or roasted red peppers), celery, onion and ¼ tsp Old Bay seasoning in a medium bowl, breaking up any larger pieces of tuna until the mixture is uniform and holds together.
2. Combine the remaining ¼ cup mayonnaise, the remaining pimientos (or peppers) and ¼ tsp Old Bay seasoning in a bowl.
3. Heat oil in a large nonstick skillet over medium heat. Using a generous 1/3 cup each, form the tuna mixture into four 3-inch burgers. Cook until heated through and golden brown, about 2 minutes per side.
4. Spread the top half of each bun (or English muffin) with pimiento mayonnaise and place a burger, lettuce and tomato on the bottom half.

Nutritional Information (per serving)			
<b>Calories</b>	<b>321</b>	<b>Monounsaturated</b>	<b>5 g</b>
<b>Protein</b>	<b>17 g</b>	<b>Cholesterol</b>	<b>20 mg</b>
<b>Carbohydrate</b>	<b>39 g</b>	<b>Sodium</b>	<b>647 mg</b>
<b>Total Fat</b>	<b>12 g</b>	<b>Fiber</b>	<b>5 g</b>
<b>Saturated Fat</b>	<b>2 g</b>	<b>Makes 4 servings</b>	

Resource: <http://www.eatingwell.com/>