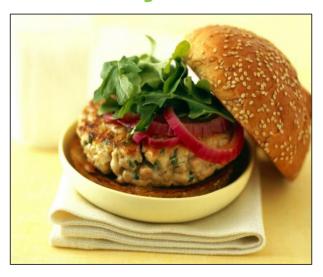# DE-STRESS RECIPES

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)			
Calories	321	Monounsaturated Fat	5 g
Protein	17 g	Cholesterol	20 mg
Carbohydrate	39 g	Sodium	647 mg
Total Fat	12 g	Fiber	5 g
Saturated Fat	2 g	Makes 4 servings	

Source: : http://www.eatingwell.com/

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