



AHI TUNA CLUB

Makes 4 servings

- 8 oz raw ahi tuna
- 1 Tbsp sesame seeds
- 8 slices crusty bread-1/2 inch/1 cm thick
- 1/3 cup guacamole
- 1 Tbsp reduced-fat mayonnaise
- 1 tsp wasabi
- 2 Tbsp chopped cilantro
- 12 thin slices plum tomato
- 4 pieces prosciutto
- 1/3 cup baby spinach leaves

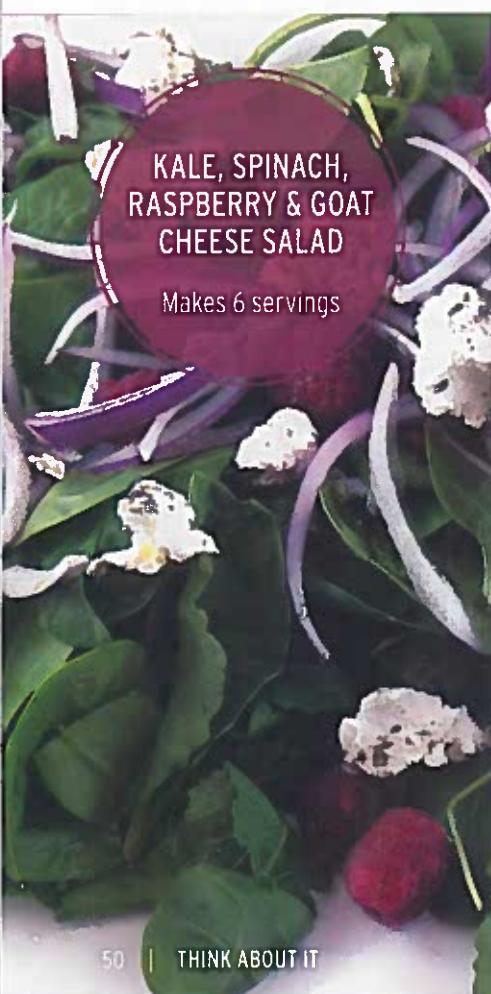
1 Dip the tuna in sesame seeds, and in a hot skillet sprayed with vegetable oil,

sear the tuna for about 2 minutes per side, depending upon the thickness. The tuna will continue to cook after searing. Remove from the heat, cool, then thinly slice.

- 2 Toast the bread slices.
- 3 Combine the guacamole, mayonnaise, wasabi and cilantro. Spread over the bread slices. Place the tomato slices, prosciutto and spinach leaves on 4 slices of the bread. Add the tuna. Place the other bread slices overtop and serve.

Preparation time: 10 minutes
Cooking time: 4 minutes

Nutritional Information per Serving:
Calories 330
Carbohydrates 39.2 g
Fibre 4.7 g
Protein 24.1 g
Total fat 8 g
Saturated fat 2 g
Cholesterol 37 mg
Sodium 600 mg



KALE, SPINACH, RASPBERRY & GOAT CHEESE SALAD

Makes 6 servings

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- 4 cups baby spinach
- 4 cups baby kale
- 1/2 cup thinly sliced red onion
- 1 cup fresh raspberries
- 1/3 cup chopped almonds
- 1/2 cup crumbled goat cheese

DRESSING
1 1/2 Tbsp cider vinegar
1 Tbsp olive oil
1 Tbsp apple or orange juice concentrate
1 tsp brown sugar
1/2 tsp chopped garlic
1/2 tsp Dijon mustard

1 To make the salad: Place the spinach, kale, onions, raspberries and goat cheese in a large serving bowl.

2 To make the dressing: Whisk together the cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped nuts.

Preparation time: 15 minutes

Nutrition information per serving:
Calories 138
Carbohydrates 14 g
Fibre 3 g
Protein 4.2 g
Total fat 7 g
Saturated fat 1.7 g
Cholesterol 4 mg
Sodium 160 mg