



American  
Heart  
Association.

# FIGHT STRESS WITH HEALTHY HABITS

1. Slow down.
2. Snooze more.
3. Let worry go.
4. Laugh it up.
5. Get connected.
6. Get organized.
7. Practice giving back.
8. Be active every day.
9. Give up bad habits.
10. Lean into things you can change.



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STRESS MANAGEMENT**

# May



## Open-Face Tuna Melt with Oven-Baked Sweet Potato Chips SERVES 4

### Ingredients

#### For the Tuna Melt:

- 2 5-ounce cans very low sodium chunk light or albacore tuna, packed in water, drained
- 2 tablespoons light mayonnaise
- 1 1/2 tablespoons chopped red onion or green onions
- 1/2 teaspoon dried dill

- 1 teaspoon lemon juice

- 4 slices whole-wheat bread

- 2 medium tomatoes (sliced)

- 1/2 cup shredded low-fat Cheddar cheese

#### For the Sweet Potato Chips:

- 2 medium sweet potatoes, sliced 1/8-inch thick
- 1 tablespoon canola or corn oil
- 1/4 teaspoon ground black pepper

### Directions

#### For the Sweet Potato Chips:

Preheat the oven to 400 degrees F.

Line 2 large baking sheets with aluminum foil. Lightly spray the foil with cooking spray. Arrange the sweet potato slices in single layers on each baking sheet. Drizzle with the oil. Sprinkle with the pepper. Using your hands, gently toss the slices to coat.

Bake the sweet potato chips for 15 to 25 minutes, or until slightly crispy, rotating the sheets once halfway through the baking time.

Remove the baking sheets from the oven. Let the chips cool while you make the tuna melt.

#### For the Tuna Melt:

Preheat the oven's broiler.

In a small bowl, using a fork, stir together the tuna, mayonnaise, red onion, dill, and lemon juice until combined.

Place the bread slices on a foil-lined baking sheet. Spread the tuna mixture over each slice. Top with the tomato slices. Broil the tuna melts for 1 to 2 minutes, or until the tuna is warm. Remove from the oven. Sprinkle the Cheddar over the tomato slices. Broil for 1 minute, or until the Cheddar is melted.

Serve the tuna melt with the sweet potato chips.

### Nutritional Facts

Calories	314	Cholesterol	33 mg
Total Fat	8.5 g	Sodium	512 mg
Saturated Fat	2.5 g	Total Carbohydrate	37 g
Trans Fat	0.0 g	Dietary Fiber	6 g
Polyunsaturated Fat	1.5 g	Sugars	11 g
Monounsaturated Fat	3.5 g	Protein	24 g

Dietary Exchanges: 2 starch, 2 1/2 lean meat, 1 vegetable

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