

## JIM'S TUNA SALAD

### Ingredients

- 6 oz. (1 can) albacore tuna in water, drained
- 1/8 cup fat-free mayo
- 1 tsp pickle relish (squeeze excess moisture through sieve first and discard liquid)
- 1 boiled egg, diced
- 2 Tbsp. finely chopped sweet onion
- Salt and pepper to taste

### Directions

Mix all the ingredients together and place in plastic container in fridge.

Yields: 4 servings, ¼ cup each

Calories: 70

Fat: 1.5 g

Protein: 12 g

Carb: 1 g (0 g fiber)

*Jim suggests stewing and dicing 8 oz. of chicken in place of the tuna for chicken salad.*

## JIM'S SWEET POTATOES

### Ingredients

- 2 medium size sweet potatoes
- 2 TBSP margarine
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg

### Directions

Peel and cube sweet potatoes. Boil potatoes in water until soft; drain water. Add margarine, cinnamon and nutmeg to hot potatoes. Mix well with hand mixer until smooth.

Yields: 8 servings, ¼ cup each

Calories: 50

Fat: 3 g

Protein: 1 g

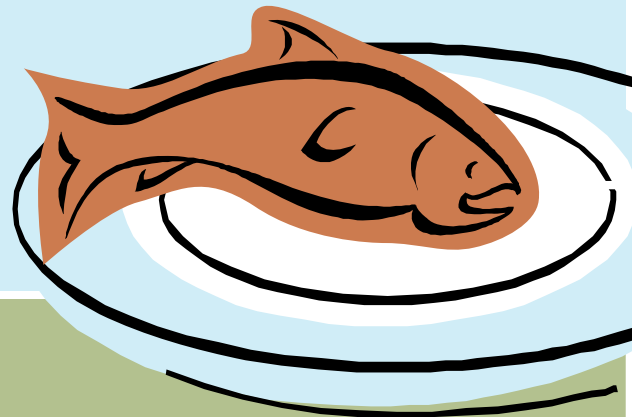
Carb: 7 g (1 g fiber)

*Jim has this advice: "The key for me was that I chewed each bite at least 28 times before I swallowed".*

## RECIPES



*For eating well after bariatric surgery*



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