

吞拿魚生菜卷

吞拿魚：是一種健康的食物，富含蛋白質及維他命B12，同時也包含多種抗炎的營養成分，如omega-3脂肪酸，維他命D，抗氧化硒。它也是一種低熱量食物有助減輕體重，有益你的眼睛，心臟及大腦的健康。

吞拿魚生菜卷

份量: 2

準備時長: 7 分鐘 | 烹飪時長: 13 分鐘 | 總時長: 20 分鐘

食材:

- 2 個罐頭金槍魚
- ¼ 個紅洋蔥
- ½ 根黃瓜
- ¼ 個燈籠椒
- 2 湯匙蛋黃醬
- 1 湯匙法式芥末醬
- 1 茶匙黑胡椒粉
- 生菜

烹飪步驟:

1. 將四分之一個紅洋蔥，二分之一根黃瓜，以及四分之一個燈籠椒切碎
2. 在碗內放入兩罐罐頭吞拿魚搗碎
3. 在搗碎的魚肉內混入兩湯匙蛋黃醬以及一湯匙法式芥末醬
4. 在吞拿魚內加入切碎的（黃瓜，紅洋蔥，以燈籠椒）材料
5. 將它們充分拌勻
6. 根據個人口味加入一茶匙的黑胡椒粉增加辛辣的口感
7. 再次充分拌勻
8. 將吞拿魚沙拉放在生菜葉上一起食用



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Tuna Salad with Lettuce Wrap

Tuna is a healthy food source rich in protein and vitamin B12, as well as anti-inflammatory nutrients such as omega-3 fatty acids, Vitamin D, and antioxidant selenium. While it is low in calories for weight loss, it is good for the eye, heart, and brain.

Tuna Salad with Lettuce Wrap Recipe

Serving: 2

Prep Time: 7 mins | **Time to make:** 13 mins | **Total Time:** 20 mins

Ingredients:

- 2 cans of tuna
- ¼ of red onion
- ½ of cucumber
- ¼ of bell pepper
- 2 tbsp of mayonnaise
- 1 tbsp of dijon mustard
- 1 tsp of black pepper powder
- Lettuce

Instructions:

1. Chop up ¼ of red onion, ½ of cucumber, and ¼ of bell pepper.
2. Smash up 2 cans of tuna in a bowl
3. Mix in the 2 tbsp of mayonnaise and 1 tbsp of dijon mustard.
4. Add in the chopped ingredients (cucumber, red onion, and bell pepper) to the tuna.
5. Mix it all together.
6. Add 1 tsp of black pepper to add spice as you wish.
7. Mix it again thoroughly.
8. Add the tuna salad onto the lettuce wrap.



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