TUNA STIR FRY

Ingredients

2 cans (5 oz) or 2 pouches (2.6 oz) or 1 pouch (6.4 oz) very-low-sodium albacore tuna in water
1/2 medium onion, chopped
2 clove fresh garlic, minced OR
1 tsp. jarred, minced garlic
2 Tbsp. low-sodium soy sauce
Juice of 1 lemon
Cooking spray
16 oz. bag frozen stir-fry vegetables (oriental or other)
1 tsp. honey
2 cups cooked brown rice

Instructions

1. Prepare rice according to package directions.
2. Spray skillet with cooking spray, heat. Stir-fry onion, garlic and vegetables 5 minutes (until crisp tender)
3. Add remaining ingredients and Stir fry until all ingredients are heated through (2-3 minutes)
4. Serve over rice.

Serves 4 236 Calories 264 mg Sodium $2.07 Per Serving

BEARYMELON COOKIES

Ingredients

Bearymelon "Cookies"
6small or 3 large 1/2"-thick slices seedless watermelon
6 tsp. frozen "Cut the Crap" Whipped Topping (recipe included below)
"Cut the Crap" Whipped Topping
3/4 cup light agave nectar
3 large egg whites, at room temperature
1/2 tsp. cream of tartar

Instructions

Bearymelon Cookies

1. Press a 4" x 3" bear-shaped cookie cutter into the watermelon. If cookie cutter isn't thick enough, simply press the cookie cutter into the watermelon as far as it will go. Then, using a paring knife, carefully cut around the bear.
2. Place a very small, round pastry tip in a pastry bag or plastic sandwich bag with a small triangle cut out of one of the bottom corners (if using a plastic bag, be sure that the pastry tip fits tightly in hole). Then decorate with whipped topping as shown in photo. Repeat with remaining melon & topping. Serve immediately.

"Cut the Crap" Whipped Topping

1. Add water to a medium saucepan until it is about one-quarter full. Bring the water to a boil over high heat.
2. Off the heat, combine the agave, egg whites, and cream of tartar in a large metal or heavy-duty glass mixing bowl (one that will fit onto the top of your saucepan). Beat on medium-high with an electric mixer fitted with beaters until well blended.
3. Place bowl over pot of boiling water. (Be sure to wear an oven mitt while holding the bowl over the heat, as it will get very hot.) Beat for 7 min or until stiff peaks form, occasionally running the beaters around the sides of the bowl to scrape any of the mixture. Remove the bowl from the water and continue beating, rotating the bowl and scraping down the sides with the beaters as you do, for 5-7 min longer, or until the mixture is thick, very fluffy, and has stiff peaks.

Serves 6 22 Calories 0 mg Sodium

Recipes from: http://www.heart.org/HEARTORG/