

**WHY  
ACT  
NOW**

## TUNA BRUSCHETTA BITES



### Ingredients

- 1 can (200g) white tuna in water, no added salt, drained
- 4 tomatoes, finely chopped
- 2 cloves garlic
- 2 basil leaves, chopped
- 16 brown rice crackers

### Directions

Place the tuna, chopped tomatoes, garlic and basil in a bowl and mix together. Top brown rice cracker with tuna mix and serve. *Makes 4 servings.*

<b>Nutrition Facts</b>	
Serving Size 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 147	Calories from Fat 12
<b>% Daily Values*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 31mg	<b>10%</b>
<b>Sodium</b> 153mg	<b>6%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 17g	<b>34%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Tuna is a great snack because it's an inexpensive source of protein!**