

Fish is Brain Food

First, mix together the chopped onion, pinch of salt, dash of pepper, lime juice and olive oil in a small bowl. Stir in the tuna, cilantro, tomato and pepper. Add a few drops of tabasco and adjust salt and pepper to taste. Allow it to sit covered in the fridge for at least 20 minutes so that the flavors blend. Serve in a large lettuce leaf (wrap) and top with sliced avocado. Makes enough for 2. Enjoy!

Fish, particularly fatty fish, is a uniquely healthy food.

It is rich in two omega-3 fatty acids, DHA and EPA, which are notably missing in the western diet. Omega-3's are heart-healthy; they lower blood pressure, and reduce the risk of sudden death from heart attacks. In addition, omega-3's fight inflammation and encourage optimal brain function, decreasing the risk of depression, Alzheimer's's and dementia.

I was once advised from a nutrition coach to, "eat as much fish as I could afford!" Although fresh wild-caught salmon fillets and oysters on the half shell are splurge worthy, they don't fit in my daily food budget. Enter the less glamorous (and much less pricy) little guys. Canned sardines, herring and light (smaller) tuna may be even more nutritious. They come with some of the highest levels of omega-3's and much less environmental contamination (mercury, etc.) Check out [Bar Harbor](#) smoked herring and sardine products for a tasty line.

Transform an ordinary can of tuna with this zesty twist from [skinnytast.com](#)