

PREPARATION: 20 MINUTES | COOKING: 20 MINUTES | SERVINGS: 2

# TANDOORI TUNA ENGLISH MUFFIN

## INGREDIENTS

2 English muffins

¼ cup lite mayonnaise

¼ cup English cucumber,  
finely chopped

1 tablespoon lemon juice

2 ½ teaspoons Tandoori  
spice\*

1 can (5oz) tuna in water,  
unsalted, drained

1 teaspoon  
vegetable oil

¼ cup onion,  
thinly sliced

1 teaspoon garlic,  
minced

1 cup cabbage,  
shredded

1 tablespoon fresh  
dill for garnish

### **\*Homemade Tandoori Spice**

1 teaspoon paprika

½ teaspoon cumin

½ teaspoon coriander

¼ teaspoon ground ginger

½ teaspoon cayenne pepper

½ teaspoon cinnamon

## PREPARATION

- 1** Cut English muffins in half and toast the four halves in toaster oven until golden brown. Place on a serving plate.
- 2** In a bowl, mix together mayonnaise, chopped cucumber, lemon juice and Tandoori spice. Add the tuna and combine with the mayonnaise mixture.
- 3** In a medium saucepan over medium heat, sauté onions in vegetable oil until cooked (3-5 minutes).
- 4** Add the garlic and cabbage to the onions and stir occasionally until cooked (5-8 minutes).
- 5** Spread the cabbage mixture on the four toasted muffin halves and top with the mayonnaise mixture. Sprinkle dill on top.



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## Nutrient Analysis

### PER SERVING

1 Muffin

#### Renal/Diabetic Exchanges:

3 Meat + 2 Starch  
+ 1 Lower-Potassium Vegetable

Calories	387Kcal
Protein	27g
Total Carbohydrate	38g
Fiber	4g
Sugars	5g
Fat	14g
Saturated	4g
Cholesterol	36mg
Sodium	465mg
Potassium	486mg
Phosphorus	257mg
Calcium	134mg
Iron	4mg
Magnesium	60mg
Vitamin C	25mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input checked="" type="checkbox"/> Transplant        |

## POTASSIUM CHECK

### Using canned fish in your kidney diet

Protein is a necessary part of the kidney-friendly diet and can come from plant or animal sources. Canned fish is an excellent protein choice. Readily available in your grocery store aisles, this type of fish can be lower in cost and rich in heart healthy fats, vitamins and minerals. While a portion is considered to be 2 to 3 ounces, meeting with a registered dietitian can help determine the right amount for you. Consider the following tips when choosing canned fish as part of an entrée, salad, soup or side dish.

- 1. Canning Liquid:** Canned fish is commonly packed in oil, brine or water. To reduce calories, select fish packed in water. Also, read the ingredient list and Nutrition Facts Label to avoid any high-sodium, potassium- or phosphorus-based additives.
- 2. Drain Canned Liquids:** After opening, the fish will have some type of liquid within the can to help maintain freshness and moisture. Most instructions suggest draining this liquid to improve the texture of your fish with use in recipes. If the canned fish is in oil, draining the oil and then rinsing the fish with water may also be recommended.
- 3. Choice of Fish:** There are certain types of fish ideal for a kidney diet that are low in salt and potassium. Tuna and salmon are the most popular and can be part of your diet if you read labels carefully, eat the correct portion, and pair with lower-potassium vegetables or grains for a healthy meal.

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