

# COMMIT *to explore*

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## **Sweet Potato Tuna Melt**

Organic sweet potato - bake in oven on 400 for 45 min

Whip up Jenny's Tuna recipe-

Safe Catch tuna

2 tbsp. of Follow your Heart, Grapeseed Vegenaize

1/2 teaspoon of Grey Poupon

Chop up a stalk of celery

Chop up 3-4 dill pickles

Add pink himalayan salt, cracked black pepper, squeeze a teaspoon amount of fresh lemon and mix together.

Scoop a generous amount of tuna over the hot out of the oven, sliced open, sweet potato.

Drizzle your favorite Balsamic ( I prefer EVOO)

\* optional to add cheese and put back in oven for 3-4 minutes to melted or add avocado