



## **Swimsuit-Ready in 20 Days: Lunch Recipes**

### **Harley's Sweet Potato Melt**

2 large sweet potatoes

$\frac{3}{4}$  cup water-pack canned tuna, drained

$\frac{1}{2}$  cup nonfat mayonnaise

$\frac{1}{2}$  cup shredded part-skim-milk mozzarella cheese

1 teaspoon Mrs. Dash roasted garlic and onion seasoning

Lemon pepper to taste

Microwave the sweet potatoes for 3  $\frac{1}{2}$  minutes each or until tender. Cut in half and set aside.

Preheat the broiler or toaster oven broiler to medium. In a mixing bowl, combine the tuna, mayonnaise, Mrs. Dash, and lemon pepper.

To serve: Place the tuna mixture on top of the sweet potato halves. Top with cheese and broil until cheese has melted.

Servings: 2

Note: Tuna also comes with different flavorings. Try smoked tuna or tuna teriyaki by Starkist Creations.