

## Tuna Cucumber Bites

I like bite sized foods, but most appetizers are not healthy. They're often just bites of dough, cheese, or meat, which is tasty, sure, but not a good start to a meal.

I recently had a cookout, and wanted to put something out that was not a veggie tray, but also not just a box of frozen puff pastry that is unoriginal and void of nutrients.

That's where these mini tuna bites come in. They don't require a lot of ingredients, but still taste good, because the ingredients they *do* use are tasty. I'm talking about amazing tuna — the tender, young tuna I've only ever had in Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna. Dress it with a little bit of lemon and Ava Jane's Kitchen Avocado Oil, and spoon it over sliced baby cucumber, and you've got an appetizer worth eating. You can add some chopped herbs if you want. I added dill because it goes well with cucumber (and looked fancy!) but any herb would do well here.

One thing I learned when my guests were eating these up was that everyone has a special diet, and these fit into most. Gluten-free, Paleo-friendly, and high in protein, they really appealed to those that normally don't eat anything but the (boring) veggie tray. And every single person that ate them asked what kind of tuna I used — you can really taste the difference, which is what makes them so good.

This is a great way to use up a garden full of cucumbers, and is easy enough that you can make it as a high protein snack or quick, easy lunch.

## Tuna Cucumber Bites

Serves 4-6

Prep time: 10 minutes

2 packages Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna

1/4 cup Ava Jane's Kitchen Avocado Oil

Juice of 1 lemon

2-3 cucumbers, preferably baby, sliced into 1/4 inch slices

Fresh herbs, such as dill, basil, or parsley

Colima Sea Salt and fresh ground pepper, to taste

### Directions:

Drain the tuna and put in a bowl with the oil and lemon juice. Lay the cucumbers on a sheet tray or serving platter. Sprinkle lightly with salt and pepper.

Spoon the tuna over the cucumber slices, and sprinkle with the chopped herbs if using. Serve immediately.