

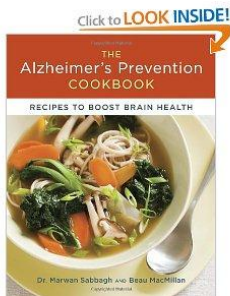
# Ahi Tuna on Rye with Spinach Pesto Yogurt

Makes 2 sandwiches

8 ounces sashimi-grade ahi tuna, diced small  
2 tablespoons Spinach Pesto Yogurt  
2 tablespoons golden raisins  
 $\frac{1}{4}$  cup shelled unsalted roasted pistachios, chopped  
Juice of  $\frac{1}{2}$  lemon  
4 slices rye bread, toasted  
 $\frac{1}{2}$  cup alfalfa sprouts  
1 teaspoon extra-virgin olive oil

In a medium bowl, combine the tuna, Spinach Pesto Yogurt, raisins, pistachios, and lemon juice, and mix well.

Lay out two of the bread slices on a work surface and divide the tuna mixture evenly among them. Put the alfalfa sprouts into a small bowl, drizzle with the olive oil, and toss to combine. Top each portion of tuna with half of the alfalfa sprouts and top with the remaining slices of bread. Cut each sandwich in half and serve right away.



From *The Alzheimer's Prevention Cookbook: 100 Recipes to Boost Brain Health*, by Dr. Marwan Sabbagh and Beau MacMillan, Ten Speed Press; 1 edition (November 13, 2012). ISBN: 1607742470