



Mid-Afternoon Chips And Salsa

Ingredients:

1 whole-grain soft tortilla
1 tbsp olive oil
½ tsp sea salt
1 can tuna
¼ cup salsa

Directions:

The night before you plan to have a snack, heat olive oil in a pan over medium-to-high heat and tear up a soft tortilla into smaller bite-sized pieces.

Place them in the oil and let them sit for a couple of minutes. Remove them from the oil and place on a napkin to allow the oil to drain.

Sprinkle a small amount of sea salt for flavor.

Mix the salsa and tuna together and place in a container for the next day.

Serve the tortilla chips with the tuna and salsa dip at work.