



Mediterranean Tuna Salad

4 Servings • 1 Serving = 2 Cups

INGREDIENTS

- 2 cups cooked brown rice
- 3 cups baby spinach
- 6 ounces tuna, packed in water, drained
- 1 small red onion, diced
- 1 red bell pepper, diced
- 1 cup red grapes, halved
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 cup grape tomatoes, halved
- 1 small can artichoke hearts packed in water, quartered
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon extra virgin olive oil
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. In a large bowl, combine the rice, spinach, tuna, onion, bell pepper, grapes, garbanzo beans, tomatoes, and artichoke hearts. Toss gently to mix.
2. In a small bowl, whisk together the vinegar, oil, salt, and pepper.
3. Pour dressing onto the salad and gently mix.

Nutrition Facts

4 servings per container

Serving size 2 cups

Amount per serving

Calories 370

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 360mg 16%

Total Carbohydrate 59g 21%

Dietary Fiber 9g 32%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 1mcg 8%

Calcium 101mg 8%

Iron 4mg 20%

Potassium 420mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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