



TUNA QUINOA BOWL



INGREDIENTS

ITEM	QUANTITY
• Tuna Packed in Water, Drained	1 can
• Cooked Quinoa	½ cup
• Cucumber, Diced	½ cup
• Cherry Tomatoes, halved	½ cup
• Kalamata or Black Olives, Sliced	8-10
• Chopped Parsley	1 tbsp
• Olive Oil	1 tbsp
• Juice of Lemon	½
• Salt and Pepper	

SERVING SIZE 1



PREPARATION

- ✔ Cook quinoa according to package directions and allow it to cool slightly.
- ✔ In a bowl, combine the quinoa, cucumber, tomatoes, olives, and parsley.
- ✔ Top with the drained tuna.
- ✔ Drizzle with olive oil and fresh lemon juice.
- ✔ Season with salt and pepper and toss gently before serving.