

# Italian Tuna and Rice Salad

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## Ingredients Needed:

- 4 oz. canned tuna in oil, drained
- 1 cup cooked and cooled brown rice
- 10 oz. frozen classic mixed vegetables, cooked and cooled
- ¼ cup sliced black olives
- 1 1/4 cup chopped red bell pepper
- Juice of ½ lemon
- ½ Tbsp. olive oil



<u>Nutrition Facts:</u>	
Yield	3 servings
Calories	259
Total Fat	7 g
Sat Fat	1 g
Sodium	271 mg
Added Sugar	0 g
Fiber	7 g
Vitamin A	43% DV
Vitamin C	115% DV
Vitamin D	20% DV
Vitamin E	13% DV
Vitamin K	48% DV
Iron	11% DV
*Nutrition facts are for 1 serving.	

## Recipe Directions:

- Drain the tuna while reserving the oil, set aside. In a large work bowl, combine the rice, drained tuna, vegetables, black olives, and bell peppers.
- Pour juice of ½ lemon and ½ Tbsp. olive oil into the bowl and toss well.
- Serve and Enjoy!

