

Tuna Cucumber Tomato Salad

INGREDIENTS

- 1 can tuna, canned in water
- 5 large tomatoes, seeds removed, diced
- 1 cucumber, thinly sliced and diced
- 1/2 red onion, diced
- 2 tablespoons fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

TIME: 20 MINUTES SERVINGS: 6

*CARBS PER SERVING: 7G

*SUGARS PER SERVING: 4 G

*estimated



Adapted from: brooklynfarmgirl.com

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PROCEDURE

1. Cut and chop tomatoes, cucumbers, red onion, and parsley and add to large bowl
2. Drain tuna and add to bowl
3. Pour in olive oil and lemon juice; toss salad to combine
4. Serve immediately or chill for later serving

This recipe is a good source of protein from the tuna and a good source of vitamin C from the tomatoes!



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