Spicy Tuna Salad
Serves 4
Serving Size: ½ cup
Cost per Serving: $.65

Ingredients:
1 can or pouch (5 oz) tuna, drained
½ cup cooked beans
½ cup salsa
¼ cup shredded cheese
¼ cup peppers, diced
¼ cup onions, diced

Directions:
1. Stir tuna, beans, salsa, cheese, peppers, and onions together in a bowl.
2. Serve right away or store in the refrigerator in an airtight container for up to 4 days.
3. Serve as a dip for baked tortilla chips, a wrap with lettuce leaves or tortillas, or a topping for a lettuce salad.

Tips:
• Use canned beans that have been drained and rinsed or dried beans that have been cooked.
• You can make this a mild dish by using mild salsa and bell peppers. You can make this a spicy dish by using hot salsa and jalapeno peppers.

Nutrition Facts per Serving: 110 calories, 3g total Fat (1.5g sat. fat), 20mg. Cholesterol, 290mg Sodium, 9g Carbohydrates, 3g Fiber, 2g Sugar, 13g Protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar