

Recipe of the Month – April 2020

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*



THE OHIO STATE UNIVERSITY

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