

Tuna Salad with Pico de Gallo



Nutrition Facts

Recipe makes 4 servings

Calories: 187	Dietary Fiber: 6 g
Fat: 3.6 g	Sodium 108 mg
Carbohydrate: 15 g	Protein 26 g
Cholesterol: 39 mg	

This Simple Cooking with Heart recipe gives a spicy kick to your basic can of tuna, not to mention a serving of heart-healthy fish and a couple of servings of vegetables!

Source: American Heart Association. For more Heart-friendly recipes, visit:

<http://www.heart.org>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

Tuna Salad with Pico de Gallo



Ingredients

- 13 oz. canned, reduced sodium tuna, packed in water, drained
- 2 medium tomatoes, diced OR
- 14.5oz. can no-salt-added diced tomatoes
- 1 jalapeno pepper, seeded, chopped
- 1 small red onion, finely chopped
- Juice of 1 lemon or lime
- 2 Tbsp. fresh cilantro, chopped
- 1 clove garlic, minced
- 1/4 tsp. black pepper
- 1 head romaine lettuce, separated into leaves, washed
- 2 medium tomatoes, sliced into wedges
- 1 large cucumber, peeled and sliced

Directions

1. Put drained tuna into a bowl and break up the fish using the back of a fork.
2. Pico de gallo: In a glass bowl combine the diced tomato, jalapeño pepper, onion, juice of lemon or lime, garlic, red onion, minced garlic and black pepper.
3. Combine the tuna with the pico de gallo.
4. To assemble, place 2-3 leaves of the lettuce on each plate and scoop the tuna salad with pico de gallo onto the lettuce leaves. Add sliced tomatoes and cucumbers.