

Fiesta Tuna Salad



Ingredients:

- 2-5 ounce cans chunk light tuna, drained
- 1-15 ounce can black beans, rinsed and drained
- 3/4 cup whole kernel corn
- 1 bell pepper, diced
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- 1 tablespoon chili powder
- 3 teaspoons garlic powder
- 1 medium carrot, diced
- 1 small red onion, diced

Directions:

1. In a medium bowl, combine tuna, beans, bell pepper, carrot, and onion.
2. Add lime juice, canola oil, and spices. Mix well.
3. Serve immediately on whole wheat bread, crackers, tortillas, or pita pockets.
4. Refrigerate left-overs immediately.

Makes 6 servings.



Tarrant County Public Health
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