Warm Tuna Salad With Rice and Spinach

Serves: 1
Prep Time: 5 minutes
Cook Time: 5 minutes
Nutrition Score per serving:

- Calories 495
- g Protein 45 grams
- g Fat 3 grams
- % Protein 36%
- % Fat 6%
- g Fiber 1 gram
- g Carbs 72 grams
- % Carbs 58%

Ingredients

- 6-oz. can albacore tuna, water packed, drained
- 1/2 cup sliced scallions or onions
- 1/2 cup chopped celery
- 1/4 cup chopped parsley
- 1 Tbsp. lemon pepper seasoning
- 1 1/2 cups cooked rice
- 2 cups spinach, raw, washed

Directions:
Break tuna into small pieces. In a nonstick skillet coated with cooking spray, combine tuna, scallions, celery, parsley and lemon pepper. Sauté until warm, about 2-3 minutes. Add rice, toss gently. Add spinach and toss. (Save time with ready-to-eat salad spinach.) Optional: Instead of lemon pepper, season with lemon juice and pepper. Makes one serving.