



Quinoa Tuna Salad

1 1/2 C dry Quinoa (found in most health food isles)
3 cans tuna (albacore) drained
1/2 finely chopped onion
1 diced red pepper
2 diced celery stalks
1/2- 3/4 C fat free Italian salad dressing

Cook Quinoa according to package directions...drain and mix with the remaining ingredients.
Season according to taste.

Note* I like to get the large bag of organic Quinoa at Costco since it is priced well for the amount you get. I prefer green onions to yellow or white in this recipe so I use one "bunch" of onions per batch. The serving size for this recipe is about 1 cup for most people. I like to make enough for the entire week and use it as a light mid afternoon meal. It won't weigh you down if you are training in the evening. I recommend adding about 12 walnut halves **OR** 6 whole, raw, unsalted almonds for a little extra fat.

Enjoy☺

(Recipe from Francisca Dennis, competitor and model)