



Tuna Salad

- Fresh spinach leaves, between 2-3 cups
- 1 can of tuna
- ¼ cup fat-free salsa*
- Diced carrots, cucumbers, red peppers
- Salt and pepper to taste

Simply place the spinach leaves in a large bowl, top with tuna, salsa, diced vegetables, and then spoon on the salsa. Toss a few times and sprinkle with salt and pepper to taste.

*If you don't feel like using salsa as your condiment, you can substitute 1 tbsp of olive oil mixed with lemon, lime, or balsamic vinegar as a tasty dressing.