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## **Curry Tuna Salad with Brown Rice Cakes**

### **Ingredients:**

2 cans low-sodium chunk light or albacore tuna

2 brown rice cakes (unsalted is optional)

1.5 tbsp 2% Greek yogurt

Diced onions and bell peppers (optional)

Fresh lemon juice

2-3 slices tomato (3 oz)

1/2-1 cup lettuce or spinach

Seasonings to taste: 1 tbsp curry powder, sea salt (pinch), pepper, garlic powder

### **Directions:**

1. In a bowl, mix drained tuna, yogurt, seasonings, and onions. Use a fork to mash the tuna and mix the ingredients together.
  2. Taste and continue seasoning until it is to your liking. You can also use 1 tsp turmeric to really add extra spice.
  3. Place half the tuna salad on a brown rice cake with a slice of tomato and lettuce.
- Enjoy!