

Tuna Rice Bowls

Serving Size: ⅓ recipe | Servings per Recipe: 3 | Heart Healthy



INGREDIENTS

- 2 cans tuna (in water), drained
- 2 cups cooked brown rice or white rice
- 1 cucumber, diced
- 1-2 tbsp low-sodium soy sauce
- 1 tbsp mayo
- 1-2 tsp sriracha (optional)



DIRECTIONS

- Make the sauce: In a small bowl, mix the mayo, soy sauce, and sriracha.
- Assemble the bowls: Divide the brown rice into two bowls.
- Add toppings: Spoon tuna on top, then add diced cucumber.
- Drizzle: Pour the sauce over each bowl.
- Stir & enjoy or keep the layers separate.
- Tip: add extra vegetables you have on hand!

Calories per serving: 260 kcal | 4 g total fat | 30 g total carbohydrates | 20 g protein