# **Tuna Cucumber Tomato Salad**

#### **INGREDIENTS**

- 1 can tuna, canned in water
- 5 large tomatoes, seeds removed, diced
- 1 cucumber, thinly sliced and diced
- 1/2 red onion, diced
- 2 tablespoons fresh parsley
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

TIME: 20 MINUTES SERVINGS: 6

\*CARBS PER SERVING: 7G
\*SUGARS PER SERVING: 4 G



\*estimated



Adapted from: brooklynfarmgirl.com





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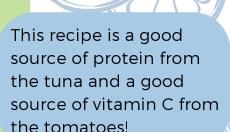




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### **PROCEDURE**

- 1.Cut and chop tomatoes, cucumbers, red onion, and parsley and add to large bowl
- 2. Drain tuna and add to bowl
- 3. Pour in olive oil and lemon juice; toss salad to combine
- 4. Serve immediately or chill for later serving



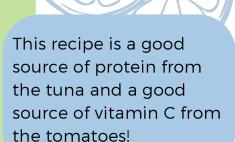




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