

Simple southwestern tuna



Recipe credit

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About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

20 minutes preparation

Ingredients

- 1 large can light tuna
- 2 tablespoons green bell pepper, diced
- 2 tablespoons onion, diced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 1/2 teaspoons chili powder
- 4 medium tomatoes

Directions

1. Open and drain excess liquid off tuna.
2. Wash and dice onion and bell pepper.
3. Mix first six ingredients together. Taste mixture and add more spice if you prefer.
4. Wash and slice tops off tomatoes. Scoop out the middles.
5. Fill tomatoes with tuna mixture.

Tips and variations

- If you don't have fresh tomatoes, try serving this salad on other vegetables. Slice a cucumber in half length-wise, scoop out the seeds and serve the salad in the cucumber boat. You can also try it on celery sticks.
- This salad also tastes great on a lettuce salad or in a sandwich. Scoop some of the prepared tuna directly on a lettuce salad and serve chopped tomatoes if you have them, Or serve the tuna as a filling on whole wheat bread or a wrap, adding sliced tomatoes and lettuce.

Nutritional info

Calories

132

Total fat

7.7 g

Saturated fat

1.1 g
Cholesterol
17.9 mg
Sodium
158 mg
Total carbohydrates
6.2 g
Dietary fiber
2 g
Protein
11 g
Total sugar
3.6 g
Allergens
Fish

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