



## Tuna Quinoa Bowl



Entire recipe: 307 calories, 3.5g total fat (0g sat. fat), 542mg sodium, 44.5g carbs, 7.5g fiber, 10.5g sugars, 25g protein

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**Prep:** 5 minutes    **Cook:** 15 minutes



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### Ingredients

1/4 cup uncooked quinoa, rinsed thoroughly  
1 cup asparagus cut into 1-inch pieces  
1/2 cup chopped red bell pepper  
One 2.6-oz. pouch [StarKist Tuna Creations® Sweet & Spicy](#)  
*Seasonings: salt, pepper, garlic powder, onion powder, red pepper flakes (optional)*

### Directions

In a small pot, combine quinoa with 1/2 cup water. Bring to a boil, and then reduce to a simmer.

Cover and cook for 12 minutes, or until water has been absorbed and quinoa is fully cooked.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add asparagus and 1 tbsp. water. Cover and cook for 2 minutes, or until partially softened. Uncover, and add bell pepper. Cook and stir until water has evaporated and veggies have softened and lightly browned, about 4 more minutes.

Transfer quinoa to a medium bowl, and season with a dash of each seasoning. Add veggies and tuna, and mix well. Serve warm or chilled.

#### MAKES 1 SERVING

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