Sesame Tuna Salad

Recipe adapted from Budgetbytes.com

INGREDIENTS

2 tsp soy sauce
2 tsp toasted sesame oil
1 tsp brown sugar (sub white sugar or honey)
1 tsp sesame seeds
2 5oz. cans tuna
(optional) 1/2 red bell pepper, rinsed and diced
(optional) 2 green onions, thinly sliced

PREPARATION

In a small bowl, whisk together soy sauce, toasted sesame oil, sugar and sesame seeds.

Drain tuna and scoop into a medium-sized bowl. Add diced bell pepper and green onion (if using). Add sauce and stir well to combine.

Serve and enjoy!

Tips: Try this on top of rice with sliced cucumbers or wrapped up in a tortilla with cucumber sticks. Or, spread it on top of whole grain toast or scoop with your favorite crackers.

Store leftovers in the refrigerator in an air-tight container and enjoy within 2 days.

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