



TUNA COUSCOUS SALAD

MACROS | SERVING SIZE
Protein 26 g | Fat 31 g | Carbs 56 g

% CALORIES OF MACROS | SERVING SIZE
Calories 599 | Protein 17% | Fat 46% | Carbs 37%

NUTRIENTS | SERVING SIZE
Fiber 5 g | Sodium 428 mg | Sat. Fat 4 g

INGREDIENTS (SERVES 4)

- 1 ½ cups couscous
- 2 5 oz. cans tuna in water
- ¼ cup plus 2 tbsp. lemon juice divided
- 1/3 cup extra virgin olive oil
- ½ cup black olive slices
- 2 cloves garlic, minced
- 12 cherry tomatoes, halved
- ½ cup scallions, chopped
- ¼ cup sliced peppercinis
- ½ cup chopped walnuts
- 1/3 cup fresh basil leaves, sliced and loosely packed (about 4-5 leaves)
- Salt and pepper to taste (optional)
- ½ frozen chopped broccoli thawed (optional)

DIRECTIONS

In a medium-sized sauce pan, bring 3 cups of water to a boil and then add the couscous. Reduce heat to low, cover and simmer for 6 minutes. Remove the pot from the heat, (optional) add the broccoli, cover, and let set for 10 more minutes.

While the couscous is setting, combine ¼ cup of lemon juice and drained tuna with the olive oil, garlic, olives, and peppercinis in a bowl. Add the hot, drained couscous to a bowl and pour the dressing over it. Stir gently. Let set for 5-10 minutes for the flavors to meld.

Just before serving, stir in the basil, walnuts, scallions, 2 tbsp. of lemon juice and salt and pepper to taste.

NOTES

Consider serving this mixture over a bed of mixed field greens or baby spinach and tossing in a few mandarin oranges.

The large majority of fat in this meal is “heart healthy”, however, aim to keep your total fat intake for the day in check. The overall fat content can be lowered by omitting the nuts.

Nutrition analysis is based on the yield of 8.6 oz. tuna solids, once drained, and excludes the optional ingredients.

Three scientifically credible entities that are sources for behavior strategies and dietary guidance for heart health, The USDA, The Centers for Disease Control and Prevention and the American Heart Association, are each consistent in promoting that a heart healthy diet can help protect the heart, manage blood pressure and cholesterol and reduce the risk of type 2 diabetes.

A heart-healthy eating plan includes:

- Eating a variety of fruits and vegetables daily
- Consuming dried beans and legumes at least twice a week
- Choosing mostly low-fat and fat-free dairy foods or protein foods
- Making over half your grain choices whole wheat or whole grain
- Incorporating and/or substituting health fats such as olive oil where possible
- Limit the intake of empty calories from unhealthy fats, added sugars and alcohol
- Keep sodium intake below the maximum amount recommended level.
- Incorporate a source or multiple sources of omega fatty acids foods such as nuts, fish and seafood, flax and chia seeds, and plant oils into daily intake.

The dietitian approved resources such as our dietitian approved recipes and the dietitian approved thumbs up tag displayed throughout your commissary will assist you in building your basket to support a heart healthy diet.

This recipe features foods that are lean, sources of heart healthy fats and omega 3 fatty acids. Use our other recipes, to assist you with keep track of the nutrition quality of your diet and assist you to align with the strategies bullet pointed above. Most recipes provide a detailed nutrition analysis to assist you.

For more recipes and nutrition education information visit
COMMISSARIES.COM/HEALTHY-LIVING

