

Tuna Spinach Salad

Total: 10 min. Active: 10 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 376. Total Fat: 21g. Carbs: 26g. Protein: 26g.

Ingredients

- 1 1/2 tbsp cashew butter
- 1 1/2 tbsp lemon juice
- 1 1/2 tbsp water
- 1 (5 oz) can chunk light tuna in water, drained
- 4 Kalamata (red) olives, pitted and chopped
- 2 tbsp feta cheese
- 2 tbsp parsley
- 2 cups baby spinach
- 1 medium orange, peeled and sliced

Directions

Whisk cashew butter, lemon juice and water together in a bowl. Add tuna, olives, feta and parsley; stir to combine. Serve the tuna salad over 2 cups spinach, with the orange on the side.

