

Tuna Stir Fry

35 g carbohydrates | 6 g sugar | 2 g total fat | 24 g protein
| Approximately 236 calories |



Stir-fried and savory!

You probably know that vegetables have many nutrients and vitamins your body needs. But, did you know that stir frying vegetables can actually increase the nutritional value of vegetables? Combining food groups together, like in stir-fry, is a great way to get enough of each food group and it can make them taste even better!

Food Preparation Materials

Cooking skillet
Slicing knife
Cutting board or mat
Lemon Squeezer
Measuring cups and spoons
Cooking spray

Ingredients- Makes 8 servings

2 cans (5 oz.) or 2 pouches (2.6 oz.) albacore tuna in water
½ medium onion
1 tsp. jarred minced garlic
2 Tbsp. soy sauce
Juice of one lemon
16 oz. bag frozen stir-fry vegetables (oriental)
1 tsp. honey
2 cups pre-cooked brown rice (microwavable is quickest)

What To Do

1. Dice medium sized onion.
2. Spray skillet with cooking spray, heat pan.
3. Place onion, garlic, and vegetables in the pan, stir-fry.
4. Cook brown rice according to package instructions.
5. Add remaining ingredients and stir-fry until all ingredients are heated through (2-3 minutes).