

# Tuna Stir Fry

## Ingredients

- 2 cans (5 oz) or 2 pouches (2.6 oz) OR 1 pouch (6.4 oz) very-low-sodium albacore tuna
- 1/2 medium onion, chopped
- 2 cloves fresh garlic, minced
- 2 tablespoons low-sodium soy sauce
- 1 lemon, juiced
- Cooking spray
- 1 bag (16 oz.) frozen stir-fry vegetables (oriental or other)
- 1 teaspoon honey
- 2 cups cooked brown rice



## Directions

1. Prepare rice according to package directions.
2. Spray skillet with cooking spray, heat. Stir-fry onion, garlic and vegetables for 5 minutes (until crisp tender).
3. Add remaining ingredients and stir fry until all ingredients are heated thoroughly (2-3 minutes).
4. Serve over rice.

**Nutrition Facts:** Serving Size: 1/4 of recipe; Calories: 230; Total Fat: 1.5g; Saturated Fat: 0g; Sodium: 680mg; Total Carbohydrate: 34 g; Dietary Fiber: 5g; Added Sugars: 1g; Protein 24 g; Vitamin D: 1mcg; Calcium: 47mg; Iron: 2mg; Potassium: 247mg