

# Mediterranean Brown Rice with Tuna

Serves 4

## Ingredients

- 1/2 cup brown rice, uncooked
- 1 ¼ cup water
- 10 ounces low-sodium albacore tuna in water (2 cans)
- 2 tomatoes
- 1 garlic clove
- ½ lemon, juiced and zested
- 1 Tablespoon salt-free seasoning
- 1 cup fresh basil (or 1 Tablespoon dried)
- ½ cup chopped purple cabbage
- 6 cups raw spinach
- 2 Tablespoons olive oil
- 1 Tablespoon water
- ½ lemon, juiced

## Directions for Rice and Tuna

- Rinse and drain rice.
- Cook rice with water for 20 minutes in a covered pot.
- Drain tuna
- Dice tomatoes and mince garlic.
- In a skillet over medium heat, add olive oil. Add tomatoes and garlic, sauté for 5 minutes stirring from time to time.
- Tear the basil leaves.
- In large serving bowl, gently mix together cooked rice, salt-free seasoning, tuna, tomatoes from skillet, and basil.
- Top with purple cabbage.

## Directions for Spinach

- Add olive oil, water, and spinach to a large skillet.
- Put a top on the skillet and cook on medium for 4 to 5 minutes until all leaves are wilted.
- Remove from heat and squeeze lemon over spinach.