
SPICY TUNA & BLACK BEAN ENDURANCE BOWL

320 Calories | 38g Protein | 35g Carbs | 3g Fat



INGREDIENTS

- 1 can (5 oz) chunk light tuna in water, drained
- ½ cup canned black beans, rinsed and drained
- ½ cup sweet corn kernels
- 2 cups chopped mixed greens
- 2 tbsp salsa (chunky)
- 1 tbsp fresh cilantro, chopped
- Squeeze of fresh lime juice

DIRECTIONS

1. In a mixing bowl, combine the drained tuna, black beans, sweet corn, and salsa. Mix well.
2. Place the chopped mixed greens in a serving bowl.
3. Spoon the tuna and bean mixture over the greens.
4. Garnish with fresh cilantro and a heavy squeeze of lime juice.