

PREPARATION: 30 MINUTES

6 SERVINGS

RICE AND TUNA SALAD



INGREDIENTS

1 cup rice

2 cans tuna (170 g each), in water,
drained and cut in pieces

1 ½ cups carrots, grated

1 cup celery, diced

1 cup green or red cabbage,
finely shredded

¼ cup parsley, chopped

2 tablespoons onion, diced

¾ cup mayonnaise

1 tablespoon lemon juice

½ teaspoon Worcestershire sauce

⅛ teaspoon dried savory

⅛ teaspoon dried marjoram

PREPARATION

- 1** In a large saucepan, cook rice according to package instructions and transfer to a salad bowl.
- 2** When rice has cooled, add tuna, carrots, celery, cabbage, parsley, and onion to the rice. Mix gently and place in the fridge.
- 3** In a small bowl, prepare the dressing by combining mayonnaise, lemon juice, Worcestershire sauce, savory, and marjoram.
- 4** Add the dressing to the salad just before serving. Combine all salad ingredients gently and enjoy!

Nutrient Analysis

PER SERVING:

⅓ of recipe

RENAL EXCHANGE:

2 Protein + 2 Starch + 1 Vegetable

Calories **271 Kcal**

Protein **13 g**

Carbohydrates **36 g**

Fibre **2 g**

Total Fat **8 g**

Saturated Fat **1 g**

Cholesterol **23 mg**

Sodium **271 mg**

Potassium **355 mg**

Phosphorus **151 mg**