



Tuna Quinoa Bowl



Entire recipe: 307 calories, 3.5g total fat (0g sat fat), 542mg sodium, 44.5g carbs, 7.5g fiber, 10.5g sugars, 25g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 2*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup uncooked quinoa, rinsed thoroughly

1 cup asparagus cut into 1-inch pieces

1/2 cup chopped red bell pepper

One 2.6-oz. pouch [Starkist Tuna Creations® Sweet & Spicy](#)

Seasonings: salt, pepper, garlic powder, onion powder, red pepper flakes (optional)

Directions

In a small pot, combine quinoa with 1/2 cup water. Bring to a boil, and then reduce to a simmer.

Cover and cook for 12 minutes, or until water has been absorbed and quinoa is fully cooked.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add asparagus and 1 tbsp. water. Cover and cook for 2 minutes, or until partially softened. Uncover, and add bell pepper. Cook and stir until water has evaporated and veggies have softened and lightly browned, about 4 more minutes.

Transfer quinoa to a medium bowl, and season with a dash of each seasoning. Add veggies and tuna, and mix well. Serve warm or chilled.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.