



## *Chipotle Tuna and Avocado Salad Sandwich*

Prep time: 15 minutes

Servings: 2

- 1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water, drained and broken into chunks
- 1/2 avocado, cut into 1/2-inch cubes
- 1/2 cup halved grape tomatoes
- 1/2 cup sweet corn, cooked or thawed from frozen
- 1 tablespoon roughly chopped parsley
- 1 1/2 teaspoons lemon juice
- 1 teaspoon red or white wine vinegar
- 1 teaspoon honey
- 1/2 teaspoon chopped garlic
- 1/4 teaspoon chipotle chili powder
- 1/4 teaspoon kosher salt
- 4 slices whole-grain bread

In medium bowl, gently toss tuna and avocado until combined.

Add tomatoes, corn and parsley, tossing gently to combine.

In small bowl, whisk lemon juice, vinegar, honey, garlic, chili powder and salt. Drizzle over tuna mixture and toss to coat.

Divide tuna evenly among bread slices to make two sandwiches.

Source: Bumble Bee

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## *Quinoa Bowl with Tuna*

Recipe courtesy of Cookie Named Desire on behalf of Bumble Bee

Prep time: 45 minutes

Servings: 2

Thai Peanut Dressing:

1 cup creamy peanut butter  
1 teaspoon ginger paste  
1/4 teaspoon fish sauce  
1/2 teaspoon cayenne pepper  
2 tablespoons apple cider vinegar  
2 teaspoons soy sauce  
1 1/2 tablespoons granulated sugar  
1/4 cup water, divided, plus additional (optional)

Quinoa Bowls:

2 cups water  
1 cup quinoa  
1 can (14 ounces) chickpeas  
1-2 tablespoons olive oil  
1/2 teaspoon garlic powder  
salt, to taste  
pepper, to taste  
1 medium zucchini  
1 carrot  
1/2 cup red cabbage  
1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water  
1-2 tablespoons onion, diced  
1 tablespoon lime juice  
cilantro

*Continued:*

To make Thai Peanut Dressing: In mixing bowl, combine peanut butter, ginger paste, fish sauce, cayenne pepper, apple cider vinegar, soy sauce and sugar.

Add 1 tablespoon water and whisk well. Continue adding water 1 tablespoon at a time until sauce is consistency of heavy cream.

Note: You may not use full 1/4 cup water and could use more depending on preference of thickness.

To make Quinoa Bowls: Heat oven to 400 F.

In medium pot, heat water and quinoa. When it boils, turn heat to low and cover. Cook until water is absorbed and remove from heat.

Drain and dry chickpeas. In bowl, combine chickpeas with olive oil, garlic powder and salt and pepper, to taste.

Spread chickpeas on baking sheet; bake 20 minutes, or until golden brown. Remove from oven and cool.

Spiralize zucchini at medium thickness. Using potato peeler, slice carrot in thin strips. Chop red cabbage. Drain and chunk tuna.

In two bowls, split cooked quinoa evenly. Top with carrots, zucchini, cabbage, roasted chickpeas onions and tuna.

Season with lime juice, cilantro and Thai Peanut Dressing.

Source: Bumble Bee

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