

# Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 4 servings



## Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

## Notes

### Vegan

Use chickpeas or lentils instead of tuna.

### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

- 2 cups Brown Rice Fusilli (cooked)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Green Olives (sliced)
- 1/2 cup Sun Dried Tomatoes (sliced)
- 1 can Tuna (drained and flaked)
- 8 cups Arugula
- 1/4 cup Hemp Seeds

## Nutrition

Amount per serving

Calories	469	Cholesterol	15mg
Fat	23g	Sodium	246mg
Carbs	51g	Vitamin A	1088IU
Fiber	5g	Vitamin C	14mg
Sugar	4g	Calcium	100mg
Protein	17g	Iron	5mg