





STARTERS



Tuna with quinoa



Source: Foundation for Development FAUTAPO (Bolivia)

Ingredientes:

1/3 cup quinoa
1 can tuna in water
2 tbsp chopped parsley
Mayonnaise

Preparation:

- Wash the quinoa and cook in water.
- Place the cooked quinoa in a bowl and add the tuna, parsley and mayonnaise to taste.
- Mix all the ingredients and serve with sliced bread or in tartlets.



Tip:

Canned tuna is a rapid source of protein. It is important to include foods rich in protein in each meal to maintain body tissues.