

Tuna, Black Rice, and Arugula Salad

Choose low-mercury canned tuna (Google the phrase "low mercury tuna" for options) for this refreshing salad, which pairs black rice with peppery arugula and a quick lime vinaigrette.

Serves 2 for lunch or 4 as a side salad

3/4 cup black rice (I use [this one](#))

1-3/4 cup water

1-1/2 cups arugula, packed

One 6-ounce can low-mercury tuna in olive oil, flaked and, if desired, drained*

Juice of 1 lime

(2 tablespoons extra-virgin olive oil)

Prepare the rice according to package directions or in a rice cooker. Scoop out onto a rimmed sheet pan and allow to cool.

Arrange arugula leaves in a medium salad bowl. Stir in cooled rice and flaked tuna. Whisk the lime juice and oil, if using, in a small bowl and pour over salad. Give a quick toss, and serve immediately.

*You're welcome to drain the tuna into a small bowl and whisk the oil from the can with the lime juice, obviating the need for extra oil. Go with your personal preference.