

# spicy tuna with edamame

1. Boil edamame according to directions on the package.
2. Squeeze all the liquid from the tuna.
3. In a bowl mix the smart balance with all the seasoning.
4. Mix tuna into the spicy mayo making sure to mix it well.
5. When edamame is done, mix into the tuna.
6. Divide your portions and store in the refrigerator.