

Tuna Nicose Salad

Ingredients

- 3/4 lb red potatoes (3 medium)
- 1/2 lb green beans, whole, frozen
- 3 eggs
- 1 1/4 lb romaine lettuce
- 1 lb tuna, water packed
- 1/2 lb tomatoes (3 medium)
- 6 oz can black olives, whole
- 3/4 cup balsamic vinaigrette dressing
- 1 sprig parsley, fresh
- 1/2 red onion, thinly sliced to taste



Hearty and fresh, this protein-packed salad blends of color and taste for a complete meal

Directions

Boil eggs until hard cooked. Cool, peel, and cut into quarters. Steam or boil potatoes until tender. Cut into wedges. Steam or boil green beans until tender-crisp and bright green.

Drain tuna and black olives; flake the tuna. Rinse lettuce and tomatoes. Tear lettuce into bite-size pieces and slice tomatoes into quarters.

Arrange each salad as follows:

Line plate with 1 cup of torn lettuce leaves.

Mound 1/3 cup tuna in the center of the lettuce.

Around the tuna, attractively arrange 2 potato wedges, 1/3 cup green beans, 2 egg quarters, 2 tomato quarters, a few onion slices, and 2-3 black olives.

Drizzle 2 Tbsp dressing over each salad and sprinkle with fresh parsley.

Yield 6 servings

Nutritional Information

Calories 314, Fat 14g, Carbohydrates 19g, Cholesterol 134mg, Sodium 606mg, Fiber 4g, Protein 28g