

Tuna Salad Nicoise

Serves: 4



Ingredients

- 1 sweet potato (½ pound) cooked but still firm, skinned and cubed into bite size pieces
- 2 hard boiled eggs, peeled and sliced
- 1½ cups fermented or cooked green beans or carrots
- ½ red onion, thinly sliced
- 1 red or yellow sweet pepper, thinly sliced
- 1 cucumber, peeled, halved lengthwise, seeded and sliced into bite size pieces
- 6 ounce can low-sodium tuna in water, drained
- 2 tomatoes, sliced
- 3 artichoke hearts, quartered (canned, packed in water)
- 3 cups salad greens, assorted and washed
- 8 black olives (approx. ¼ cup), sliced

Salad Dressing

- ½ teaspoon Dijon or favorite mustard
- 1 tablespoon lowfat yogurt
- 1 clove garlic, minced
- 1 tablespoon red wine vinegar
- 2 tablespoons buttermilk
- ½ lemon, juiced
- ⅛ teaspoon Worcestershire sauce

Method

1. Mix all salad dressing ingredients in small jar.
2. Place greens on each plate, and arrange ingredients in pinwheel fashion around the plate. Sprinkle olives randomly and offer dressing on the side.
3. Or, offer a salad bar with people assembling their own plates.

Per serving with dressing: 259 calories, 21g protein, 33g carbohydrate (7g fiber), 6g fat (2g sat, 3g mono/poly), 360mg sodium



Seasoned Cook

Feel free to substitute sardines or canned salmon for tuna. Or, instead of tuna, grill a piece of fresh fish or chicken. You can make your own buttermilk by mixing 1 tablespoon lemon juice with 1 cup milk and letting it sit for 5-10 minutes at room temperature.

