

# Tuna Niçoise Salad

*This light but filling salad provides good sources of lean protein and omega-3 fatty acids using budget friendly ingredients like eggs and canned tuna!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>45 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

*For the Salad:*

2 each	Eggs
12 oz	New Potatoes
12 oz	Green Beans, trimmed & halved
1 cup	Cherry Tomatoes, halved
1 (5 oz) can	Tuna, no salt added or low-sodium, in water, drained
1 Tbsp	Capers, drained and chopped
3 Tbsp	Olives (Castelvetrano, Kalamata, etc.), chopped
1 head	Bibb or Butter Lettuce

*For the Dressing:*

½ cup	Extra Virgin Olive Oil
3 each	Lemons, juiced (zest of one)
1 Tbsp	Dijon Mustard
1 tsp	Honey
¼ tsp	Kosher Salt
1/8 tsp	Black Pepper

## CHEF'S NOTES

This easy one-pot recipe relies on time management and not tossing out the hot water until the very end.

The Great Boiled Egg Debate - there is no one right way to hard-boil an egg. We have found that this method works well, but if you have a tried-and-true method, use it! (Just remember to save the hot water for the next steps.)

This salad is full of fresh flavors but can be customized to your taste. Try adding fresh parsley or cucumbers to the salad. For more omega-3s add a filet of anchovy to your serving!

If making in advance, keep the lettuce, dressed tuna/veggies, and eggs separate for the best texture.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Prepare an ice bath in a medium mixing bowl.
2. Bring a large saucepot of water to a boil over high heat. Carefully lower eggs into water using a spider or slotted spoon and reduce the heat to just simmering (small bubbles). Simmer eggs for 11 minutes. Using the spider, transfer the eggs from the hot water to the prepared ice bath. Do NOT pour out hot water, this will be used in the next steps.
3. Meanwhile, prepare your dressing. Before juicing the lemons, use a microplane grater to zest one lemon into a jar with a tight-fitting lid. Add all dressing ingredients to the jar, secure the lid and shake vigorously until well-combined.



4. Transfer the drained tuna to a large bowl, using a fork to break up any large pieces. Add  $\frac{3}{4}$  cup of the dressing to the tuna and stir to combine. Set aside to marinate.
5. After the eggs have been removed from the pot, bring the water back up to a boil. Once boiling, add the potatoes and cook for 9-11 minutes. Use a fork to test for doneness – they should easily pierce through. Using the spider, transfer the potatoes to medium mixing bowl to cool.
6. Bring the water to a boil again and add the trimmed green beans. Allow to cook until crisp tender, about 1-2 minutes. Use the spider to remove the green beans to the ice bath, adding more ice as needed.
7. Cut the boiled potatoes into halves or quarters, depending on their size. Drain the green beans and pat dry with a paper towel. Add both, along with the halved tomatoes, chopped capers and olives to the bowl with the dressed tuna and toss to combine.
8. Once the eggs have cooled, peel and cut into quarters lengthwise.
9. Assemble the salad by arranging lettuce leaves as a base layer on a platter or in a large salad bowl. Spoon the dressed tuna and vegetables over the lettuce. Add quartered eggs as a garnish and enjoy!

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving Size</b>	<b>about 3 cups (369 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<small>% Daily Value *</small>	
<b>Total Fat 26g</b>	<b>33%</b>
Saturated Fat 4.5g	<b>21%</b>
<i>Trans Fat 0g</i>	
<b>Cholesterol 105mg</b>	<b>36%</b>
<b>Sodium 500mg</b>	<b>22%</b>
<b>Total Carbohydrate 25g</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 15g</b>	<b>30%</b>
Vitamin D 0.52mcg	3%
Calcium 80mg	6%
Iron 3mg	14%
Potassium 900mg	19%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

