

Mediterranean **Tuna Salad**

SALAD:

- 4 cups **Romaine lettuce**, chopped
- 1 medium **tomato**, chopped
- 1 stalk **celery**, chopped
- ¼ cup **flat-leaf parsley**, chopped
- 6 **Kalamata olives**, pitted and chopped
- 5 oz. **flaked** or **chunk tuna**, packed in water

Combine oil, vinegar and mustard in a small, lidded container and shake until combined. Put chopped vegetables, olives and tuna in a bowl and top with dressing. Toss to combine.

DRESSING:

- 3 tbsp **olive oil**
- 1½ tbsp **white wine vinegar**
- 1 tsp **Dijon mustard**



Makes 2 servings. Per serving:

304 calories | 16g protein | 23g total fat | 4g saturated fat | 15g mono fat | 4g poly fat
25mg cholesterol | 10g carbohydrate | 2g sugar | 3g fiber | 395mg sodium