



Tuna Niçoise Salad

Ingredients

1 can tuna, in water
1 head of romaine, chopped
8 baby potatoes, boiled
4 hard-boiled eggs, quartered
1/2 cup green beans, chopped
1/2 cup grape tomatoes, halved
1/4 cup pitted black olives, chopped

Dressing:

2 TBSP lemon juice
4 TBSP extra virgin olive oil
1 tsp honey (optional)
1 tsp Dijon mustard
Salt and pepper, to taste

Directions:

1. Place eggs in a pot covered by 1 inch of water; Bring to a boil over medium-high heat; Cover and remove from heat for 8-10 min; Drain, cool in ice water, and peel
2. Place potatoes in a pot covered by 1 inch of water; Bring water to boil and salt; Boil for 10 min or until tender; Drain; Set aside to cool
3. Boil green beans until tender, about 3-5 min; Drain, transfer to ice bath, and pat to dry
4. To a large bowl; add dressing ingredients; Whisk to combine
5. Add salad ingredients to the bowl and toss gently to coat; Enjoy!

Cookware needed:

Two large bowls
Pot
Whisk

Cost: \$ \$

Ease: 

Health Benefit: Tuna and eggs are a great sources of protein to keep you full and stabilize blood sugar levels. Olives and olive oil contain heart healthy fats. Tomatoes and lemons are rich in vitamin C for immunity. Potatoes contain fiber to promote gut health.