

# Mediterranean Tuna Salad

EASY | RECIPE

## Ingredients:

### 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

### DRESSING:

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



## Method:

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.

### Makes 2 servings. Per serving:

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