



**Nouveau Nicoise Salad**  
Makes 4 servings, generous 2 cups each

**Ingredients**

- 8 cups water
- 8 ounces green beans, trimmed and halved
- 6 small red potatoes
- 2 hard boiled eggs, peeled and cut into wedges
- 6 cups mixed salad greens
- 12-ounces light tuna packed in water, drained well
- 8 Kalamata olives (optional)

**Lemon Dijon Vinaigrette salad dressing**

- 2 tablespoons water
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 ½ tablespoons red wine vinegar
- 1 tablespoon Dijon or any spicy mustard
- 2 teaspoons garlic, finely chopped
- ½ teaspoon black pepper
- ¼ teaspoon salt

- Put all ingredients in a jar. Cover and shake briskly until combined. Store in refrigerator.

**Instructions**

- Bring water to a boil in a 3- to 4-quart saucepan. Add green beans and cook until tender, 1 to 2 minutes. Remove beans and rinse under cold water and put in a large bowl. Place potatoes into the boiling water. Cook the potatoes until fork-tender, 15 minutes. Drain the potatoes; rinse under cold water until cool enough to handle.
- Cut the potatoes into quarters or eighths, depending on their size. Add to the bowl with the beans. Add greens and tuna. Add as much dressing as desired; toss well. Top with eggs and olives (optional).

Recipe adapted from *Eating Well Magazine*

**Nutritional Information for salad without dressing:**

Calories: 334	Total Fat: 4g
Saturated Fat: 1g	Sodium: 323mg
Carbohydrates: 51g	Protein: 28g
Fiber: 8g	

**Dressing – per tablespoon:**

Calories: 25	Carbohydrates: 1g
Fat: 2g	Fiber: 0g
Saturated fat: 0g	Protein: 0g