



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
3 tablespoons extra-virgin olive oil
6 cups mixed salad greens
2 6-ounce cans tuna in water, drained well
8 Kalamata olives (optional)

Dressing: Favorite reduced fat Lemon Dijon Vinaigrette salad dressing. Try the Lemon-Dijon Vinaigrette recipe on the Step Ahead website.

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, tuna and the dressing. Toss well. Top with eggs and olives (optional).

Recipe adapted from *Eating Well Magazine*

Nutritional Information:

Calories: 390

Fat: 11g

Saturated fat: 2g

Carbohydrates: 36g

Fiber: 6g

Protein: 32g