



MEDITERRANEAN TUNA SALAD WITH ZESTY DIJON VINAIGRETTE

By Dr. Cindy Tanzar
(Standard)

Tuna salad is great any time of year. There are a variety of recipe variations, but this one adds a whole different twist of flavor. Instead of the usual mayonnaise-based tuna salad, this recipe uses a “zesty” Dijon vinaigrette with lime juice for a light, delicious flavor. There are plenty of vegetables to add crunch and texture, and you can add or omit veggies you may or may not like in the recipe to suit your own taste.

The dressing is what makes the salad.

This recipe makes 2 servings. One serving covers your protein, 1/2 vegetable, and fat for one meal. (You can add 1 cup of romaine or more vegetables to make a full vegetable serving.)



INGREDIENTS

2 3-oz. cans White Albacore or Skipjack tuna (in water)
1/2 cup celery, chopped
1/2 cup cucumber, chopped
1/2 cup tomato, diced
1/4 cup red onion (or Vidalia), chopped



6 Kalamata olives, halved
1/4 cup fresh parsley, chopped
5 chopped mint leaves, optional

Vinaigrette

2-1/2 tsp Dijon mustard
Zest of one lime
Juice of 1-1/2 to 2 limes (depending on size)
1/3 cup extra virgin olive oil
Pink Himalayan salt & pepper, to taste
1/4 tsp crushed red pepper flakes, optional

INSTRUCTIONS

Make the vinaigrette in a small bowl by whisking together the Dijon mustard lime zest and juice. Add the olive oil and seasonings and whisk again until well-blended. Set aside.

In a medium-sized bowl, combine the tuna, vegetables, parsley and olives. Gently mix.

Dress the tuna and vegetables with the vinaigrette (about 2 Tbsp per serving). If you cover it and let it set in the frig for 30 minutes, then toss gently to refresh, the flavors are even better. Any leftover dressing will be good for 3 days in the frig.