

Tuna and Green Bean Salad

2 SERVINGS 15 MIN

INGREDIENTS

- 1 can (5 oz) tuna in water, drained
- 1 can (15 oz) green beans, drained
- 1/2 medium red onion thinly sliced
- 1/2 cup kalamata olives halved
- 7 oz cherry tomatoes halved
- 1 cup canned artichoke hearts roughly chopped, optional
- 1/2 cup fresh basil chopped, optional
- 1/2 cup fresh parsley chopped, optional
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 tsp salt and pepper, to taste
- 2/3 cup chopped feta, optional



This salad is rich in protein from tuna, fiber from green beans, and vitamins from fresh vegetables.



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PROCEDURE

1. In a large bowl, combine the drained tuna, green beans, red onion, kalamata olives, cherry tomatoes, artichoke hearts, parsley and basil.
2. In a bowl whisk together the olive oil, lemon juice, salt and pepper. Pour the dressing over the salad and toss to coat.
3. Drizzle the dressing over the salad and toss to combine.
4. Serve immediately or transfer to an air tight container and store in the fridge for up to 3 days.

Adapted from: www.everylastbite.com

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