

Tuna Salad on Greens

Tuna salad served on a bed of lettuce and veggies with whole grain crackers on the side makes this an easy and delicious lunch. Have a piece of fruit as a tasty side dish or dessert.

Makes: 4 servings

Ingredients

Green Salad

- 4 cups romaine lettuce, chopped
- 1 tomato, chopped
- ¼ red onion, chopped
- 1 tablespoon olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon Italian seasoning
- 1 dash black pepper

Tuna Salad

- 1 can tuna, packed in water and drained (5 ounces)
- ½ cup mayonnaise
- ¼ cup celery, chopped
- 1 carrot, peeled and grated
- ¼ cup green onion, chopped

Directions

1. For the green salad: Toss lettuce, vegetables, oil, vinegar and herbs in a large salad bowl.



2. For the tuna salad: Mix ingredients in another medium sized mixing bowl.
3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

Recipe from: *Cooking Demo II*, Food and Health Communications, Inc., adapted by the USDA Food and Nutrition Administration.

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