

**Lunch | Dinner** 

# **Grecian Tuna Salad**

20 Mins Prep Time

**O Mins**Cook Time

6 Servings

262 Calories 13g Fat 16g Carbs 20g Protein



# **Ingredients**

**2** 6 Servings **2** 20 Mins Total Time **2** Allergens: Fish, Dairy

#### **Vinaigrette**

1/4 Cup Extra Virgin Olive Oil 1 Tsp Dried Oregano

2 Tbsp Red Wine Vinegar 1/2 Tsp Salt

1 Tbsp Lemon Juice 1/4 Tsp Black Pepper

**Tuna Salad** 

1 English Cucumber, diced (wash under cold running water before dicing)

1/2 Red Onion, diced\*

1/2 Cup Fresh Parsley, chopped (wash under cold running water before chopping)

1 (15 oz) Can Cannellini Beans, drained and rinsed 🖤

1 (12 oz) Can Chunk Light Tuna, drained 🖤

1/2 Cup Pasteurized Feta Cheese, crumbled

1/4 Cup Sun-Dried Tomatoes, chopped

Salt and Pepper, to taste

\*To take the bite off the red onion, soak diced onion pieces in ice water for 5 minutes, then drain.

#### **Nourishment Note**



### **©** Cannellini Beans

Beans are filled with protein and fiber, both of which are extremely important for achieving or maintaining a healthy weight. Being at a healthy weight can improve asthma outcomes.



### **(7)** Tuna

Tuna is an excellent source of lean protein and a good source of omega-3 fatty acids. Choosing lean protein foods can be beneficial for achieving or maintaining a healthy weight. Being at a healthy weight can improve asthma outcomes.

#### **Allergen Swap**

Fish Omit fish and add shredded chicken

Dairy Omit feta cheese



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

## 2. Combine Ingredients for Vinaigrette

In a small bowl, whisk together the vinaigrette ingredients (olive oil, vinegar, lemon juice, oregano, salt and pepper) and set aside.

#### 3. Add Remaining Ingredients

To the large bowl, add the diced cucumber, red onion, chopped parsley, beans, tuna, feta cheese and sun-dried tomatoes.

#### 4. Gently Combine and Enjoy

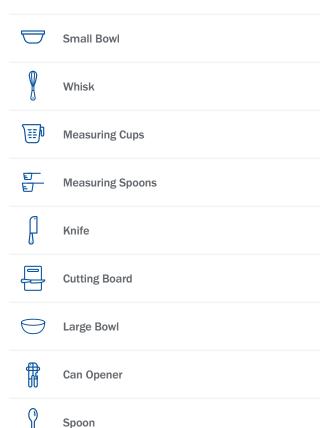
Pour the vinaigrette over the tuna mixture and gently stir to combine. Salt and pepper, to taste, and enjoy!

#### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from budgetbytes.com

## What You'll Need



#### **Breathe Better Food Tip**

- Sulfites: Sun-dried tomatoes contain sulfites, omit if bothersome.
- Red Wine Vinegar: Red wine vinegar may contain sulfites.
  If bothersome, omit and add 1-2 additional tablespoons of lemon juice.