

Lunch | Dinner

Grecian Tuna Salad

20 Mins
Prep Time

0 Mins
Cook Time

6
Servings

 **262** Calories **13g** Fat **16g** Carbs **20g** Protein



Ingredients

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

Vinaigrette

¼ Cup Extra Virgin Olive Oil **1 Tsp** Dried Oregano

2 Tbsp Red Wine Vinegar **½ Tsp** Salt

1 Tbsp Lemon Juice **¼ Tsp** Black Pepper

Tuna Salad

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

½ Red Onion, diced*

½ 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 

½ Cup **Pasteurized** Feta Cheese, crumbled

¼ 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.



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](https://www.budgetbytes.com)

What You'll Need



Small Bowl



Whisk



Measuring Cups



Measuring Spoons



Knife



Cutting Board



Large Bowl



Can Opener



Spoon

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.