

Tuscan Tuna Nicoise



INGREDIENTS (Serves 4 to 6)

- ½ cup mayonnaise
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons minced fresh parsley
- 2 tablespoons minced fresh basil
- 1 teaspoon minced garlic
- 4 6-ounce cans yellow fin tuna, drained well
- 4 canned whole artichokes, drained and roughly chopped
- ¼ cup red bell pepper, diced
- ¼ cup pitted Kalamata or black olives, roughly chopped
- 2 tablespoons red onion, diced
- Salt and pepper to taste

PREPARATION

1. In a mixing bowl, whisk together mayonnaise, olive oil, lemon juice, parsley, basil and garlic.
2. Add the drained tuna and chopped artichokes, red bell pepper, Kalamata or black olives and red onion.
3. Mix everything together with clean hands or a spoon until well blended.
4. Add salt and pepper to taste.

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SHOPPING LIST

Produce

Red bell pepper

Red onion

Lemon

Fresh parsley

Fresh basil

Garlic

Grocery

1 can whole artichokes

4 6-ounce cans yellow fin tuna

Pitted Kalamata or black olives

Mayonnaise

Olive oil

SERVING SUGGESTION

Serve with roasted potatoes, green beans, olives and tomato wedges.

NUTRITIONAL INFORMATION

Per Serving: 338 calories, 24 g. fat, 40 mg. cholesterol, 3 g. carbohydrate, 1 g. dietary fiber, 30 g. protein, 646 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Valley Natural Foods • Burnsville, Minn.

