

Mediterranean Tuna Chef Salad

Yield: 8 servings

Ingredients:

10 ounces albacore tuna (drained, packed in water)
6 cups packed baby spinach
1 cup chopped tomatoes
1/2 cup chopped red onion
1 cup chopped, peeled cucumber
1/4 cup crumbled feta cheese
2 Tablespoons cider vinegar
1 Tablespoon lemon juice
2 Tablespoons olive oil
1 teaspoon dried oregano



Directions:

1. In a large bowl, combine the tuna, spinach, tomatoes, onion, cucumber, and feta cheese.
2. In a small bowl, whisk together the vinegar, lemon juice, oregano, and olive oil. Toss with the tuna mixture.

Nutrition Information per serving:

Calories: 85, Total Fat: 4.6 g, Saturated Fat: 1 g, Cholesterol: 15 mg, Sodium: 134 mg, Carbohydrate 3 g,
Fiber: 1 g, Total Sugar: 1 g, Added Sugar: 0 g, Protein: 9 g

SOURCE: <https://recipes.heart.org/en/recipes/mediterranean-tuna-chef-salad>
