



TIP OF THE WEEK

Salad Nicoise



Ingredients:

- 9 small new potatoes, diced
- 2 cups of frozen green beans, cooked and drained
- 4.5 cups of mixed salad greens
- 1 14-oz canned artichokes, drained, rinsed, and chopped
- 2 medium tomatoes
- 2 hard-boiled eggs, sliced
- 2 6-oz cans of tuna in water

Directions:

1. Cook potatoes in boiling water for 15 minutes. Drain and cool for 10 minutes
2. Divide each ingredient into 6 even portions. Arrange ingredients on 6 plates and serve.

Helpful Tip:

Salad dressing is not included in the nutrition information. Look for low-fat varieties and use sparingly.

Variation:

Don't portion ingredients and plate. Place all ingredients in a large salad bowl and serve.

***Nutrition per serving:** Calories: 330 kcal; Fat 4g; Sodium 420 mg; Carb 51g; Fiber 7g; Protein 24g; Vit A 35%; Vit C 70%; Calcium 8%; Iron 25% *Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

For additional recipes from Center for Disease Control and Prevention, log on to: www.fruitsandveggiesmatter.gov/downloads/explore_recipe_cards.pdf