INGREDIENTS
- 2 - 5 oz cans tuna, or 1 - 10 oz pouch chicken, drained
- 12 small potatoes (such as fingerling or red skinned)
- 10 oz fresh green beans, trimmed (could sub with frozen)
- 6 medium tomatoes, cut in wedges
- 1/4 C red onion, diced
- 2 cloves garlic, minced
- 1 tsp paprika (smoked is preferred)
- 3/4 tsp cumin
- 1/2 tsp crushed red pepper flakes
- 1/3 C olive oil
- 1/4 C apple cider or red wine vinegar
- salt & pepper, to taste
- 6 C lettuce of choice

DIRECTIONS
1. Place potatoes in a large pot and cover with water. Boil for 10 minutes or until tender. Using a slotted spoon, remove potatoes from boiling water and transfer to a plate. Do not discard water.

2. In the same cooking pot, with the water boiling, add green beans. Cook 4 minutes or so. Drain, and run under very cold water to stop cooking process.

3. Cut potatoes into small chunks and place in a large mixing bowl. Add green beans, tomatoes, onions, protein of choice, and garlic.

4. Season with salt, pepper, paprika, cumin, and crushed red pepper. Drizzle with olive oil and vinegar. Gently toss to combine all ingredients.

5. Serve over a bed of lettuce.