

Recipe Idea:

Chicken or Tuna Mediterranean Potato Salad

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



Serves 6



Allergens: Tuna - fish
Chicken - no known



Nutrition Facts based on using tuna. Nutrition will vary based on ingredients used.

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.

Nutrition Facts

| | |
|--|---------------|
| Serving size | 1 Bowl |
| Amount Per Serving | |
| Calories | 430 |
| % Daily Value* | |
| Total Fat 13g | 17% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 250mg | 11% |
| Total Carbohydrate 62g | 23% |
| Dietary Fiber 9g | 32% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 18g | 36% |
| Not a significant source of vitamin D, calcium, iron, and potassium | |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

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