

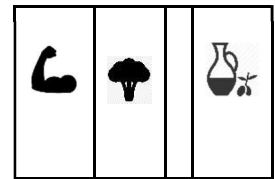
Mexican Style Tuna Salad

- 1 1/2 cups cooked tuna, chopped (12 oz)
 - substitute canned in water tuna
- 4 to 5 cups mixed greens
- 1 bell pepper, sliced
- 1 zucchini, diced
- 2 green onions, sliced
- 1/2 cup mixed black & green olives, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped



Mexican-Style Vinaigrette

- 1/2 cup olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh lime juice
- 1 garlic clove, minced
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- Himalayan sea salt and freshly ground black pepper



1. In a small bowl combine all the ingredients for the vinaigrette, season to taste, and whisk until well emulsified.
2. In a separate salad bowl combine all the ingredients for the salad.
3. Drizzle the vinaigrette over the salad and gently toss.

Makes 4 servings.

Serving Size = 3 ounces of tuna, 2 cups of raw veggies and 6 olives + 1 teaspoons of dressing.

Enjoy with 1 cup of on plan fruit to complete your meal.