

Nicoise Tuna Salad

Serves 6, or enough for 8 sandwiches

This spin on a traditional composed Nicoise salad blends the components together in a more rustic version. Boil the eggs and blanch the green beans ahead of time (up to 1 day in advance) to make preparation easier. Serve the salad on bread or atop a bed of lettuce drizzled with olive oil and lemon juice for a spring lunch.

The dressing:

3 tablespoons Champagne vinegar

1 tablespoon Dijon mustard

Kosher salt, to taste

1/3 cup extra virgin olive oil

Ground black pepper, to taste

The salad:

1/3 pound green beans, ends



1 cup halved grape tomatoes

3 (5-ounce) cans olive oil-packed white tuna, drained

3 hard-boiled eggs, cut in half through the middle, each half quartered

Kosher salt and ground black pepper, to taste

olive oil in a steady stream until the dressing emulsifies; season to taste with pepper. Set aside.

Bring a large pot of salted water to a boil over high heat. Add the green beans and blanch for 1-2 minutes, until crisp-tender. Shock beans in an ice-water bath to stop the cooking; drain and dry well. Cut into 1/2-inch pieces.

reserved dressing over the salad and toss well to combine.

Gently place the eggs into the bowl, and fold carefully to distribute evenly. Season to taste with salt and pepper.

Serve immediately, or refrigerate up to 2 days before serving.

Per serving: 338 calories, 23 g protein, 5 g carbohydrate, 24 g