

## Salad Niçoise

Serves 2

### Salad

30 green string beans (cut into bite sized pieces)  
10 cherry tomatoes or one sliced medium tomato  
1 can chunk tuna  
10 olives  
½ of a medium onion, thinly sliced  
2 eggs  
1 medium potato  
(sweet potato for more fiber)

### Vinaigrette

2 tablespoon olive oil  
2 tablespoon vinegar  
1 teaspoon Dijon mustard  
1 garlic clove (minced)

Boil potatoes until tender and eggs until hard boiled. Steam beans for 8 minutes. Cut olives and cherry tomatoes in half. Dice warm potatoes and toss all salad ingredients with vinaigrette dressing. Chill for at least ½ hour before serving. Serve with crusty garlic bread.

Vegetarian: replace tuna with 1 can of drained, rinsed channa (chickpeas/garbanzo) and leave out eggs.

Lower calorie: replace potato with a handful of boiled topi tambu (tipi tambu) or a can of water chestnuts.

