



## Nicoise Salad

### INGREDIENTS:

2 ounces	Albacore Tuna (or other lean fish)
½	hard boiled egg cut in two
2	fingerling potatoes, steamed, chilled and cut in half length-ways
3	sweet grape tomatoes, cut in half
1 ounce	French green beans (haricot verte), steamed and chilled
2 cups	organic mesclun mixed salad greens
3 leaves	butterleaf lettuce (to form the cup)
6	Nicoise olives
Large pinch	micro salad greens or sprouts
1 ounce	Basil-Balsamic Salad Dressing

### PREPARATION:

- Prepare all the ingredients and chill until ready to assemble
- 2 hours before serving combine potatoes, tomatoes and green beans with Basil dressing, toss to coat and chill until ready to plate
- To serve: Place butter leaf leaves in a large chilled bowl to form a cup
- Arrange salad greens on the butter leaf
- Top with dressed potato mixture
- Arrange egg, distribute olives and top with micro greens or sprouts
- Serve with a 1 ounce side of Basil Dressing

**Yield: 1 salad**

**Calories: 280 (less extra dressing: 212)**

**Fat Grams: 13 (less extra dressing: 6)**

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