Super Simple Tuna Fish Salad

By Sonia from thehealthfoodie.com

This salad right here is anything but boring… and it’s incredibly healthy! It’s loaded with all kinds of greens and fresh herbs such as parsley and mint, which give the dish an overall impression of absolute freshness. The addition of grilled zucchini and kalamata olives really take this one over the top.

**INGREDIENTS**

* 2 cups mixed greens
* 1 large tomato, diced
* ¼ cup fresh parsley, chopped
* ¼ cup fresh mint, chopped
* 10 large kalamata olives, pitted
* 1 small zucchini, sliced lengthwise
* ½ avocado, diced
* 1 green onion, sliced
* 1 can chunk light tuna in water, drained
* 1 tbsp extra-virgin olive oil
* 1 tbsp balsamic vinegar
* ¼ tsp Himalayan or fine sea salt
* ¾ tsp freshly cracked black pepper

**INSTRUCTIONS**

1. Grill the zucchini slices on both sides in a sizzling hot cast iron skillet grill pan (or on a very hot grill). Remove from pan and let cool for a few minutes. Cut into bite size pieces.
2. Throw all the ingredients in a large mixing bowl and stir delicately until well combined.
3. Serve immediately.

