

Eat
Well



TERRIFIC TUNA AND TOMATO SALAD

A perfect way to use summer-ripened tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or for dinner on the patio with family and friends. Serve it over lettuce leaves for added colour and crunch.

Prep
Time



Cook
Time



Makes 6
Servings



- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.

2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

NUTRIENTS PER SERVING

% DV

Calories	90	-
Fat	2 g	3 %
Saturated + Trans	0 g	2 %
Cholesterol	12 mg	-
Sodium	116 mg	5 %
Carbohydrate	6 g	2 %
Fibre	2 g	7 %
Sugars	4 g	-
Protein	12 g	-
Vitamin A	-	10 %
Vitamin C	-	28 %
Calcium	-	3 %
Iron	-	8 %



TIPS

- Older kids can help to slice tomatoes and celery, drain tuna and chop cucumber. Little chefs can whisk the dressing together.
- For the best tasting tomatoes, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- No grape tomatoes on hand? No worries. Dice up 4 tomatoes instead.
- Try this salad using canned salmon instead of tuna, or use leftover cooked fish.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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