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## doctor roxland's salad nicoise

serves 4

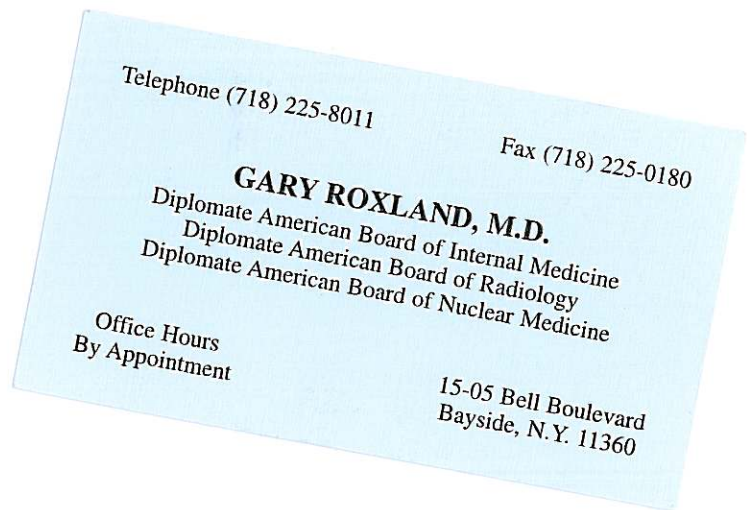
ingredients:

- 1 can tuna in water
- 12 leaves romaine lettuce
- 4 small new potatoes
- 8 olives pitted
- 12 string beans
- 2 medium sized tomatoes
- 1 shallot

Break tuna into pieces with a fork, tear romaine leaves into pieces, boil potatoes and cut in 2. Cook string beans 8 minutes, cut in half, remove pits from olives. Chop shallot. Slice tomatoes and cut into quarters.

Sauce: mix 4 tablespoons of extra virgin cold pressed olive oil with 2 tablespoons of balsamic vinegar and salt to taste.

Mix all ingredients together with the sauce and serve.



Premium Tuna



# BUMBLE BEE

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## Solid White Albacore

In Water

NET WT 5 OZ (142 g)  
DR WT 4 OZ (113 g)



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.