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Time Notification from Foods category

Your friend Paul is cooking [Chicken Soup](#) with his friends [Maria Dave](#) and [Monica](#)

Time Notification from Foods category

Your friend [Katie](#) is shopping at [Central Farmer's Market](#) to cook a delicious [Tuna Salad](#)

Time Notification from Sport category

Time Notification from Relaxation category

Time Notification from Foods category

Time Notification from Sport category

Logo showing eco foods, cooking, sports and relaxation activities

Food

Sport

Relaxation

Education

Friends



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Logo showing eco foods, cooking

Plan Meal

Top Recipes

Shopping Lists

History

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Logo showing eco foods, cooking

Interesting educational bit
about food

Interesting educational bit
about food

Interesting educational bit
about food

Interesting educational bit
about food

Interesting educational bit
about food

On Hand

Recipies from Friends

Popular in your area

Local Foods

Personalized Plan



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Q

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Meat

Chicken
Turkey
Pork
Beef
Tuna
Trout

Vegetables

Beans
Cabbage
Onions
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar

Dairy Products

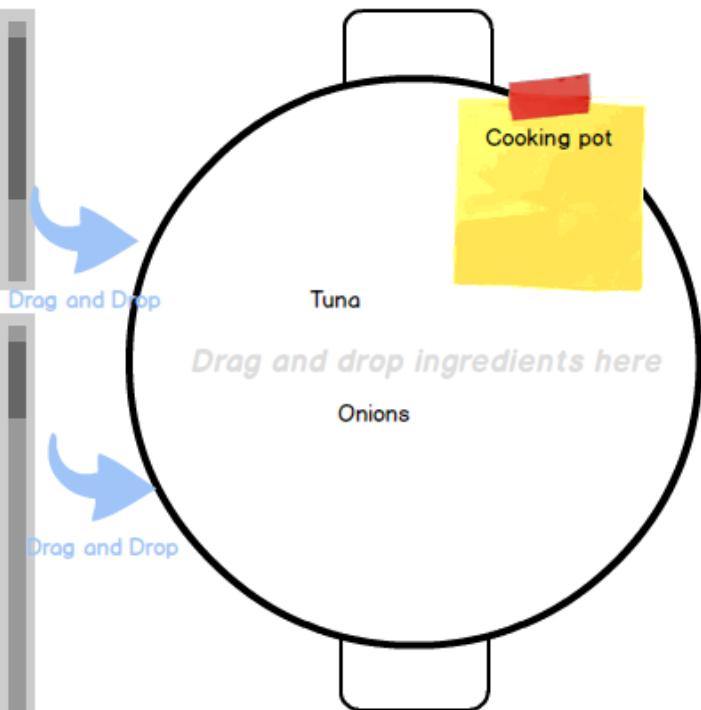
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar

Pasta

Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar

Fruits

Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar
Foo Bar



Mediterranean Tuna Salad

Photo

Description

A great way to serve this salad is to slice a 9-inch round focaccia in half horizontally, fill it with the tuna, and press a plate down on top of the round bread. Place a heavy can or weight on top for an hour, and the dressing will seep into the bread. Slice and serve

Ingredients

4 (6 ounce) cans albacore tuna, drained well
1 (14 ounce) can quartered artichoke hearts, drained

Difficulty Easy

Time 20 min

Wine White

Mediterranean Tuna Salad

Photo

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Wine White



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Image with the cooked recipe

Mediterranean Tuna Salad

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Ingredients

- 4 (6 ounce) cans albacore tuna, drained well
- 1 (14 ounce) can quartered artichoke hearts, drained
- 1/2 cup chopped red bell or piquillo peppers
- 3/4 cup sliced Greek olives
- 1/2 small red onion, finely chopped
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup chopped basil
- 2 cloves garlic, finely chopped
- 1 teaspoon dried or 1 tablespoon chopped fresh oregano
- 1/2 cup mayonnaise
- 3 tablespoons lemon juice

Difficulty	Easy
Time	20 min
Wine	White

Save To Favorites

Add To Shopping List

Share with Friends



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Photo

cans albacore tuna

4 cans



Photo

small red

1/2

Photo

mayonnaise

1/2 cup

Photo

quartered artichoke hearts

1 can

Photo

chopped flat-leaf parsley

1/4 cup

Photo

lemon juice

3 tablespoons

Photo

chopped red bell peppers

1/2 cup

Photo

chopped basil

1/4 cup

Photo

chopped fresh oregano

1 tablespoon

Photo

sliced Greek olives

3/4 cup

Photo

garlic

2 cloves

Shopping List

Save

Reccomend Shoping Places



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You are here



tuna
artichoke hearts



butcher's shop

mayonnaise
lemon juice



General store

Farmer's Market



red bell peppers
greek olives
red onion
flat-leaf parsley
basil
garlic

Shopping Trip

Range

- < 0.5 mile
- < 1 mile
- < 2 miles
- < 5 miles

Quality



Filter 3

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Save