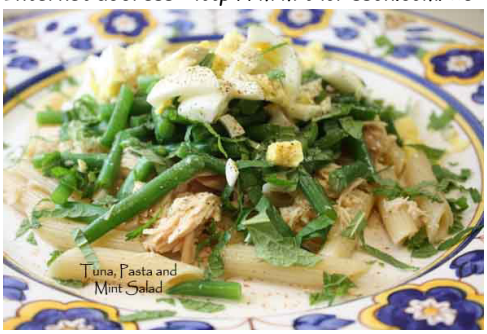
Tuna, Egg, Mint and Pasta Salad

Inspired by a recipe at Manger (blog)
Internet address: http://mimithorisson.com/2012/08/19/mint-and-tuna-salad/



2 large hard boiled eggs

1 cup haricots verts, cooked, shocked in ice water

1/3 cup mint, chopped

3 tablespoons fresh basil, sliced thinly

2/3 cup cooked pasta

6 ounces canned tuna, [use really good quality tuna], drained, crumbled

1 tablespoon balsamic vinegar

3 tablespoons olive oil

1 tablespoon mayonnaise

1 tablespoon fresh lemon juice, approximately, enough to suit your taste

A dash of celery salt

Several dashes of pepper

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 2

1. Cut the stem end off the green beans, rinse well and cook for 4-5 minutes in salted boiling water, until just barely tender. Drain and set aside to cool. Chop into small bite-sized pieces. Set aside.
2. Prepare vinaigrette – mix olive oil, celery salt, pepper, mayo and balsamic vinegar . You can add more or less balsamic vinegar to your liking. Set aside.
3. Assemble salad with pasta on the bottom, tuna in the center, a layer of chopped eggs, then a layer of green beans. Sprinkle with chopped mint and basil just before serving and drizzle with vinaigrette. Serve immediately with more lemon juice squeezed over the top if desired. (You won't use all the salad dressing.)

Per Serving (excluding unknown items): 495 Calories; 32g Fat (58.3% calories from fat); 32g Protein; 20g Carbohydrate; 4g Dietary Fiber; 240mg Cholesterol; 405mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 Fruit; 5 Fat.