

TUNA & POTATO VEGETABLE SALAD

INGREDIENTS

- 1/2 lb** Red potatoes (small) (skin peeled) (cut in 1/2)
- Dash** Salt

- 4 hearts** Romain Lettuce (torn)
- 2 C** Tuna (shredded) (can grill fresh or use canned)
- 1** Cucumber (peeled) (cut in 1/2 lengthwise) (seeded) (cubed)
- 4** Radishes (chopped) **OR** (grated)
- 1** Yellow pepper (thinly sliced) **OR** (chopped)

- 2 T** Chives (fresh) (chopped) **OR** use Chive seasoning
- 2 T** Tarragon (fresh) chopped) **OR** use Tarragon seasoning
- 2 T** White wine vinegar
- 1/4 C** Greek yogurt (low fat) (plain)
- 1/2 t salt
- Pepper to taste



DIRECTIONS

- 1 Place the potatoes in a 3 qt pot with water & salt
- 2 Cover & boil until fork tender (6 minutes)
- 3 Drain & cool
- 4 In a large bowl the potatoes, tuna, cucumber, radishes & pepper
- 5 Place chives, tarragon, vinegar, yogurt, salt & pepper in your blender & pulse
- 6 Slowly drizzle in the olive oil & pulse to make a thick dressing
- 7 Add the dressing to the tuna mix & if necessary, add salt & pepper to taste

