

Fresh Mediterranean Salad with Orange, Spinach, and Tuna

Try this spring-time Mediterranean-style salad rich in healthy fats and nutrients like vitamin A, C, folate, potassium, iron, fibre, and more. Enjoy the salad with a glass of milk and few multigrain crackers or 1 slice of whole grain bread to complete the meal. In a hurry? If you want just the salad, and a more energy-rich meal, try doubling the serving size.



Preparation Time: Approx. 10 minutes

Makes 1 to 2 servings

Ingredients:

- 1 ½ tablespoons olive oil
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoons water
- Dash of black pepper (3 to 4 turns of a pepper mill for cracked black pepper)
- 1 can tuna (5 ounce), drained
- 2 tablespoons feta OR goat cheese
- 2 tablespoons fresh parsley (or 2 teaspoons dried)
- 2 cups baby spinach
- 1 medium orange, peeled and sliced

Directions:

1. Whisk together the olive oil, lemon juice, water, and black pepper in a bowl.
2. Add in the tuna, cheese, and parsley. Stir to combine.
3. Serve this tuna salad over top of 2 cups of spinach with the orange slices on the side or laid over top to your desire.
4. Enjoy!

Nutrition Facts: (Per serving): 226 calories, 13 g fat (3 gram saturated, 0.0g trans), 2 g fibre, 10 g carbohydrates, 18 g protein, 20 %DV folate, 54 %DV vitamin A, 83%DV vitamin C, 11 %DV calcium, 16 %DV iron, 161 mg sodium, 465 mg potassium

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