

Mediterranean Tuna Antipasti Salad

March 2025 Recipe

Makes: 4 servings



Ingredients

- $\frac{3}{4}$ cup walnuts (coarsely chopped)
- $\frac{1}{2}$ cup red onion (finely chopped)
- $\frac{1}{2}$ cup red bell pepper (chopped)
- 10 oz. water-packed chunk tuna
- 15.5-oz. can garbanzo beans (rinsed and drained)
- 2 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. fresh parsley (chopped)
- 4 cups romaine hearts (shredded)

Directions

1. Place the walnuts, onion, bell pepper, parsley, tuna and garbanzo beans in a large bowl and mix lightly.
2. Whisk together the lemon juice and olive oil and drizzle over the salad. Stir lightly to coat the ingredients with dressing. Season with salt and pepper, if desired.
3. Place the lettuce on a platter or divide it between salad bowls. Top with equal amounts of salad.

Nutritional information for 1 serving

Calories	405
Total fat	23 g
Saturated fat	3 g
Cholesterol	26 mg
Sodium	362 mg
Carbohydrate	29 g
Dietary fiber	9 g
Total sugars	6 g
Added sugars included	0 g
Protein	25 g

Source: MyPlate

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