



TUNA SALAD NICOISE

- 1 12 ounce can **Crown Prince Natural Albacore Tuna**, drained and chunked
- 1/2 jar **Crown Prince Natural Flat Anchovies**, drained and halved lengthwise
- 1 1/2 cups cut fresh green beans
- 7 whole tiny new potatoes
- 1 medium green bell pepper, thinly sliced
- 1 cup cherry or grape tomatoes, halved
- 1 15 ounce can pitted black olives, drained
- 4 cups torn romaine lettuce



Caper Vinaigrette:

- 1 cup olive oil
- 1/2 cup white wine vinegar
- 1 tablespoon dry mustard
- 1 tablespoon capers, drained and chopped
- 2 cloves garlic, minced
- 1 tablespoon snipped fresh basil (or 1 teaspoon crushed dried basil)
- 1 tablespoon snipped fresh oregano (or 1 teaspoon crushed dried oregano)

In a saucepan, cook beans in lightly salted boiling water for 10 minutes. Add potatoes and cook 15 minutes more or until tender. Drain and rinse with cold water. Set aside.

Prepare caper vinaigrette by combining all ingredients in a screw-top jar. Cover and shake well to mix.

Place tuna chunks in a small bowl and top with 2/3 cup vinaigrette. Quarter the potatoes. In a medium bowl combine beans, potatoes, bell pepper, tomatoes, olives, and 2/3 cup vinaigrette. Cover each bowl and chill for 4 hours.

To serve, line 4 plates with lettuce. Using a slotted spoon, top with tuna and bean mixture. Top with anchovies and remaining vinaigrette. *Serves 4.*

Per Serving: 876 Calories (550 Calories from Fat), 63g Fat, 32g Protein, 54g Carbohydrate, 35mg Cholesterol, 776mg Sodium