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MetaBurn90 Day 6, Meal 2

Nicoise Salad

A classic French salad, this is another easier-than-it-sounds recipe using ingredients you probably already have. Canned tuna and hard-boiled eggs provide the protein, and diced tomatoes, olives, and green beans add flavor and nutrients. Dressed in a simple red wine and Dijon vinaigrette, this quick recipe will become a lunchtime fave in no time.

Prep time: 8 min. Cook time: 2 min.

Serving size: 1 salad

Recipe yields 1 serving

Ingredients

3 oz. canned tuna, drained
1 hard-boiled egg, cut into quarters
1 tomato, diced
3 tbsp sliced Kalamata olives
2 oz. green beans
1/2 head of romaine lettuce
2 tbsp red wine vinegar
1 tsp Dijon mustard
3 tbsp olive oil

Directions

1. To cook the green beans, blanch in boiling water for 2 minutes, then shock in ice water.
2. Whisk together the red wine vinegar, Dijon, and olive oil to make a vinaigrette.
3. Chop the romaine and toss lightly with about half of the vinaigrette. Place dressed romaine in a bowl.
4. In a separate bowl, toss the diced tomatoes and cooked green beans in remaining vinaigrette.
5. Over the top of the romaine, arrange olives, tomatoes, beans, and egg.