



# MEDITERRANEAN *Tuna Salad*

PREP  
**10 min**

COOK  
**3 min**

TOTAL  
**13 min**

YIELD  
**1 serving**

## *Ingredients*

- 1 5-ounce can wild-caught tuna packed in water, drained
- 6 green or Kalamata olives, chopped
- ¼ cup chopped cucumber
- ¼ cup chopped parsley
- 2 tablespoons chopped red onions
- ¼ lemon, juiced
- 1 handful of baby greens or chopped Romaine leaves
- 1 handful of whole grain crackers

## *Directions*

- 1 In a medium bowl, combine and toss tuna, olives, cucumber, parsley, onions, and lemon juice.
- 2 Serve mixture over a bed of lettuce, accompanied by crackers.