



Tuna and Apple Salad

This is a great salad to make in the warmer weather.

How you serve this salad is up to you. For example, I like the texture of the apple once it's been warmed in the microwave and I also like the lentils nice and warm. You might prefer a crisp, cool apple and room temperature lentils. It's up to you but any way you cut it, this is a refreshing and Zone-friendly lunch or supper salad.

Serves 1

1 firm, tart apple, peeled, cored, and cut into chunks
1 cup mixed greens
3 ounces light tuna (white tuna has mercury) packed in water, drained or canned salmon
¼ teaspoon drained capers
2 teaspoons olive oil
Juice of ½ lemon
Herbamare and freshly ground black pepper
¼ brown or green lentils or ¼ cup canned lentils
Red-leaf, Boston, or another lettuce

1. Rinse lentils well in cold water. Put in small pot cover with water (2") and bring to boil, reduce heat to simmer and cook for 20 minutes. Drain in colander.
2. Put apple in microwave-safe bowl and microwave on high power for 1 1/2 minutes or until softened.
3. In separate bowl, toss the greens with the tuna and capers. Add the apple. Dress with olive oil and lemon juice and season to taste with Herbamare and pepper.
4. Put the salad on a plate and surround with lentils.

Per serving: 27 grams carbohydrate; 21 grams protein; 9 grams fat

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