

Salad Nicoise

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention
[http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe.aspx](http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe/recipe.aspx)

Ingredients

- 9 small new potatoes, diced
- 2 cups frozen green beans, cooked and drained
- 4 ½ cups of mixed salad greens
- 1 14-oz can artichokes, drained, rinsed, and chopped
- 2 medium tomatoes
- 2 hard-boiled eggs, sliced
- 2 6-oz cans of tuna in water

Instructions

1. Cook potatoes in boiling water for 15 minutes.
2. Drain and cool for 10 minutes.
3. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.
4. Divide each ingredient into 6 even portions. Arrange ingredients on six plates and serve.

Serves 6

Nutritional information per serving (6 servings)

Calories: 330
Calories from fat: 35
Total fat: 4g
Saturated fat: 1g
Trans fat: 0g
Cholesterol: 95g
Sodium: 420mg
Total carbohydrate: 51g
Dietary fiber: 7g
Sugars: 5g
Protein: 24g
Vitamin A: 35%
Vitamin C: 70%
Calcium: 8%
Iron: 25%

Diabetic Exchange**

Fruit: 0
Vegetables: 2
Meat: 2
Milk: 0
Fat: 0
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.

