

SIMPLY SATISFYING KALE AND TUNA SALAD

SERVES: 4
PREP TIME: 15 Minutes
COOK TIME: 0 Minutes



INGREDIENTS

- 2-5 oz. cans of tuna
- 1/4 cup extra virgin olive oil
- 1 bunch or bag of kale
- 1/8 cup balsamic vinegar
- 1/4 cup cherry tomatoes
- Kosher salt, to taste
- 1 lemon
- Pepper, to taste

DIRECTIONS

1. Wash kale. Set aside to drain water off.
2. Cut tomatoes in half and lightly toss in bowl with balsamic vinegar, oil and pinch of salt and pepper. Set aside.
3. In a salad bowl, mix tuna and juice from the can gently with squeeze of 1/2 lemon and a pinch of pepper.
4. Massage kale for about 3 minutes to soften it.
5. Add the kale and 1/2 the tomatoes to the tuna, and gently toss until all is coated with dressing.
6. Add remaining tomatoes.
7. Squeeze remaining lemon all over and serve.

#Seafood2xWk

SIMPLY SATISFYING KALE AND TUNA SALAD

SERVES: 4
PREP TIME: 15 Minutes
COOK TIME: 0 Minutes



INGREDIENTS

- 2-5 oz. cans of tuna
- 1/4 cup extra virgin olive oil
- 1 bunch or bag of kale
- 1/8 cup balsamic vinegar
- 1/4 cup cherry tomatoes
- Kosher salt, to taste
- 1 lemon
- Pepper, to taste

DIRECTIONS

1. Wash kale. Set aside to drain water off.
2. Cut tomatoes in half and lightly toss in bowl with balsamic vinegar, oil and pinch of salt and pepper. Set aside.
3. In a salad bowl, mix tuna and juice from the can gently with squeeze of 1/2 lemon and a pinch of pepper.
4. Massage kale for about 3 minutes to soften it.
5. Add the kale and 1/2 the tomatoes to the tuna, and gently toss until all is coated with dressing.
6. Add remaining tomatoes.
7. Squeeze remaining lemon all over and serve.

#Seafood2xWk