

Tuna Salad

This salad recipe goes great with the lemon French dressing. You can use it as a side or make it the main meal.

Recipe Type: Main Dish, Salad, Side Dish

Degree of Difficulty: Very easy

Ingredients

2 Tomatoes, medium
8 Romaine lettuce leaves
4 oz Chunk white tuna
1 Tbsp Green onion chopped
2 tsp Parsley chopped
4 Tbsp Sesame seeds

Directions

- 1 In salad bowl, combine tomatoes, lettuce, tuna and onions.
- 2 Prepare Lemon French Dressing per instructions below.
- 3 Pour dressing over salad and toss.
- 4 Sprinkle with parsley and sesame seeds.

Cooking Times

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 215 calories, 11.1g total fat, 1.8g saturated fat, 23.8mg cholesterol, 384.6mg sodium, 12.7g carbohydrates, 5.7g fiber, 4.1g sugar, 18.9g protein.

Servings: 2

Weight Watchers Points

Points Plus: All ingredients were included in the points plus calculation. Without the veggies, the points value would be 5.

Orig. WW Pts: 4

Points Plus: 6

Tips

To save on some calories and points, don't add the sesame seeds on top of this salad.

Lemon French Dressing

This tangy salad dressing goes perfect with just about any leafy style salad. We used it on our tuna salad recipe.

Recipe Type: Salad, Sauce

Degree of Difficulty: Very easy

Ingredients

2 tsp Olive oil
.5 tsp Dijon-style mustard
1 Tbsp lemon juice
1.5 tsp red wine vinegar
1.5 tsp water
1 dash salt
1 dash black pepper

Directions

- 1 In a small bowl, combine oil and mustard and whip until creamy.
- 2 Add lemon juice, vinegar, water, salt and pepper.
- 3 Stir to combine.
- 4 Pour dressing over salad and toss.

Cooking Times

Preparation Time: 5 minutes

Total Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 43 calories, 4.6g total fat, <1g saturated fat, 0mg cholesterol, 161.6mg sodium, <1g carbohydrates, <1g fiber, <1g sugar, <1g protein.

Servings: 2

Weight Watchers Points

Points Plus: The points plus value includes all ingredients including the lemon juice.

Orig. WW Pts: 1

Points Plus: 1

Tips

If you want to add a little bit more flavor to this salad dressing, add a pinch of freshly chopped parsley.