

Tossed Tuna Salad Recipe

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, or leafy lettuce of your choice
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): 238 calories, 10.1g total fat, 1.5g saturated fat, 24.8mg cholesterol, 449.7mg sodium, 12.7g carbohydrates, 5.7g fiber, 4.1g sugar, 26.6g protein.

Servings: 2

Weight Watchers Points

Note: The FreeStyle SmartPoints do not include the veggies or the tuna (packed in water). The other points do not include the veggies.

Orig. WW Pts: 4

Points Plus: 5

Smart Points: 4

FreeStyle Smart Points: 3

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

Note: The lemon juice was not included in the calculation for any of the WW Points

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1

Tips

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