# Salad Nicoise

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| **Servings** | 1 |
| **Preparation Time** | 10 Mins |
| **Cooking Time** | 5 Mins |
| **Total Time** | 15 Mins |

## Nutrition Information

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| **Calories** | 125.40 |
| **Protein** | 7.50 |
| **Protein Serve** | 0.50 |
| **Carbohydrates** | 5.50 |
| **Fat** | 7.20 |

## Ingredients

- 20.00 g Black Olives
- 40.00 g Cucumber (sliced thinly)
- 1.00 whole Egg (hard boiled, quartered)
- 30.00 g Green Beans (trimmed and chopped coarsely)
- 60.00 g Lettuce (shredded)
- 20.00 g Red onion (sliced thinly)
- 90.00 g Tuna (in spring water, drained)

## Instructions

1. Boil, steam or microwave beans until just tender, then drain and rinse under cold water, then drain again.
2. Place all ingredients in a bowl and toss gently to combine.