

MEDITERRANEAN TUNA CHEF SALAD

Ingredients

10 oz. canned albacore tuna (drained, packed in water)

6 C packed baby spinach

1 C chopped tomatoes (1 large tomato)

1/2 C chopped red onion (1/2 medium onion)

1 C chopped, peeled cucumber (1 medium cucumber)

1/4 C crumbled, reduced-fat feta cheese

2 Tbsp. cider vinegar

1 Tbsp. lemon juice

2 Tbsp. olive oil

1 tsp. dried oregano

Directions

- In a large bowl, combine the tuna, spinach, tomatoes, onion, cucumber, and feta.
- In a small bowl, whisk together the vinegar, lemon juice, oregano and olive oil. Toss with the tuna mixture.