

Kale and Tuna Salad

2 5-ounce cans tuna
1 bunch kale
2 ounces cherry tomatoes
1 lemon
¼ cup extra virgin olive oil
2 Tbsp. balsamic vinegar
Kosher salt (to taste)
Freshly ground pepper (to taste)

Preparations

1. Wash kale. Set aside to drain water off.
2. Cut tomatoes in half and lightly toss in a bowl with balsamic vinegar, oil, and pinch of salt and pepper. Set aside.
3. In a salad bowl, mix tuna and liquid from the can gently with juice from half of the lemon and a pinch of pepper.
4. Massage kale for about 3 minutes to soften it.
5. Add the kale and half of 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.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	278
Total Fat	16 g
Protein	22 g
Carbohydrates	16 g
Dietary Fiber	3 g
Saturated Fat	2 g
Sodium	262 mg
Total Sugars	3 g

Source: USDA