



### **Fresh Tomato Tuna Salad**

Tasty.combo.of.juicy.tomatoes?crunchy.vegetables?with.protein.and.omega\_9.rich.tuna

2-1 /2 cups grape tomatoes, halved lengthwise  
1/2 cup sliced celery  
1 green onion, chopped  
1 cup mini cucumbers, chopped  
1 Tablespoon sweet pickle relish  
1 (5 oz.) can albacore wild tuna, drained  
1/2 cup coarse broken walnuts

### **Italian Dressing:**

3 Tablespoons red wine vinegar  
2 Tablespoons extra virgin olive oil  
1 clove garlic, minced  
Pinch hot pepper flakes as desired  
1 teaspoon Italian seasoning  
1/4 cup torn fresh basil

- In a large bowl, combine tomatoes, celery, onion, cucumbers, pickle relish and drained tuna, and walnuts.
- In a small bowl, whisk vinegar, oil, garlic, pepper flakes, and Italian seasoning.
- Add torn fresh basil to the tuna salad.
- Pour dressing over the salad; toss to coat ingredients.
- For a juicier salad; let rest about 15 minutes to blend flavors.
- To Serve: garnish with fresh basil sprig. Serves: 4

**Cook's Note:** It's crisp and crunchy if served after adding dressing. Letting it rest creates a juice from the tomatoes and moist texture.

**About the Recipe:** This refreshing salad combines salty tuna, crunchy vegetables, and lots of juicy tomatoes. It's a tasty combination that is delicious to serve for lunch, patio picnic, or even dinner. The added bonus is its source of protein and omega-3 fatty acids.