

# Terrific tuna and tomato salad

A perfect way to use tomatoes, this refreshing salad is versatile enough to enjoy for lunch, on a picnic, or dinner on the patio with family and friends. Serve it over lettuce leaves for added colour and crunch.



30 mins or less



No-cook



PREP TIME  
5 min



COOK TIME  
0 min



SERVINGS  
6

## Ingredients

- 1 L (2 pints) grape tomatoes, halved lengthwise
- 2 stalks celery, thinly sliced
- 2 cans (each 120 g drained weight) light flaked tuna in water, drained
- 250 mL (1 cup) chopped cucumber
- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 75 mL (1/3 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

## Directions

1. In a large bowl, combine tomatoes, celery, tuna and cucumber.
2. In a small bowl, whisk together vinegar, oil, garlic and hot pepper flakes. Pour over tomato mixture along with basil and oregano and toss to coat well.

## Tips

- ✓ **Older kids** can help to slice tomatoes and celery, drain tuna and chop cucumber. Little chefs can whisk the dressing together.
- ✓ For the **best tasting tomatoes**, store them at room temperature away from direct sunlight. Putting them in the fridge results in a mealy texture.
- ✓ No grape tomatoes on hand? No worries. Dice up **4 tomatoes** instead.
- ✓ Try this salad using canned **salmon** instead of tuna, or use leftover cooked fish.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.  
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