

Tuna and tomato salad



 10 ingredients or less  30 minutes or less  No-cook

This refreshing salad is a perfect way to use tomatoes. It 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.

 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

Salad dressing:

- 45 mL (3 tbsp) red wine vinegar
- 10 mL (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- Pinch hot pepper flakes
- 85 mL (½ cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh oregano

Directions

- 1 In a large bowl, combine tomatoes, celery, tuna and cucumber.
- 2 Prepare the salad dressing: 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.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the [Heart and Stroke Foundation](#).

Tips

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

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