

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

2 SERVINGS

# NICOISE SALAD

## INGREDIENTS

### Dressing

$\frac{1}{3}$  cup olive oil

2 tablespoons fresh parsley, chopped

1 tablespoon green onion, sliced

1 tablespoon wine vinegar

1 tablespoon lemon juice

1 teaspoon Dijon mustard

$\frac{1}{2}$  teaspoon honey

Zest of  $\frac{1}{2}$  lemon

Drops of hot pepper sauce

Black pepper to taste

### Salad

1 can (165 g) chunks of tuna in water, drained, no salt added

1 cup green or yellow beans, cut in halves

$\frac{3}{4}$  cup potatoes, peeled and diced ( $\frac{1}{2}$  inch)

$\frac{1}{2}$  cup cherry tomatoes, cut in halves

2 hard-boiled eggs, cut in halves

2 cups iceberg lettuce, chopped

2 teaspoons capers

### Garnish

Fresh parsley, chopped

Ground black pepper



## PREPARATION

- 1 In a small container with a lid, mix all dressing ingredients and shake well.
- 2 In a pot of boiling water, cook the beans 3 minutes. Drain and cool them quickly by placing them under running cold water. Transfer to a plate and set aside.
- 3 Use the same pot to double boil the potatoes: cover the potato dices with cold water. Bring to boil and drain once. Cover the potatoes with cold water again. Bring to a boil a second time and simmer until tender, about 10 minutes, and drain them.
- 4 Transfer the potatoes into a small bowl and coat them with 1 tablespoon of dressing. Set aside.
- 5 Arrange the salad on two plates. Spread half of the lettuce on each plate and add some dressing on top. Arrange all remaining ingredients in sections. Drizzle with remaining vinaigrette. Garnish with herbs and season with pepper. Serve with bread.

### Nutrient Analysis

#### PER SERVING:

$\frac{1}{2}$  of recipe

#### RENAL EXCHANGE:

3 Protein + 1 Starch + 2 $\frac{1}{2}$  Vegetable

Calories	565 Kcal
Protein	25 g
Carbohydrates	25 g
Fibre	4 g
Sugars	6 g
Total Fat	42 g
Saturated Fat	7 g
Cholesterol	201 mg
Sodium	248 mg
Potassium	624 mg
Phosphorus	234 mg