

Tuna Niçoise Salad



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3 Qt./2.8 L Perforated Basket
12" Electric Oil Core Skillet
small mixing bowl
large mixing bowl

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Recipe:

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Recipe Description:

Beautiful and delicious, this classic one-dish meal is low in calories and low in fat. Fresh herbs give this salad a real tasty punch. This salad makes not only a delicious dinner but is perfect to serve for a luncheon.

1/2 cup
fresh parsley, chopped
(30 g)
1 tablespoon
fresh tarragon, chopped
(15 mL)
1/2 cup
chicken broth
(120 mL)
3 tablespoons
white wine vinegar
(45 mL)
1 tablespoons
olive oil
(15 mL)
1 tablespoon
Dijon mustard
(15 mL)
1/4 teaspoon
salt
(1.25 mL)
1/4 teaspoon

black pepper
(1.25
mL)
8 cups
salad greens
(440
g)
1 cup
cherry tomatoes, halved
(180
g)

Directions:

1. Place approximately 1 ½-inches of water into saucepan with steamer inset. Place potatoes into steamer inset, cover and bring to a boil over medium heat. When Vaop-Valve™ clicks, lower heat to medium-low and cook approximately 18 minutes. When potatoes are done (when a fork can be easily inserted into potato squares) remove inset, drain and place in large bowl. Set aside and allow to cool.
2. If using fresh green beans, place into steamer inset, add 1 ½-inches to saucepan, cover and cook 3 minutes or until crisp-tender. Remove to small bowl and set aside. Allow to cool.
3. Preheat electric skillet to 375°F/191°C. Rinse tuna steak thoroughly and place into electric skillet, cover and cook 3 minutes. Turn, re-cover and cook another 3 minutes. Tuna will be opaque and slightly pink in the center. Remove, allow to cool, then cut into 1 inch pieces. Note: if you like your tuna or ahi with more of a rare center, cook uncovered for 2 minutes on each side. Tuna will be opaque about ¼ inch up each side of the steak and fairly raw in the center.
4. Add tuna, onion, parsley and tarragon to the large bowl with the potatoes.
5. Combine the broth, vinegar, olive oil, mustard, salt and pepper in a small bowl or jar. Pour half the mixture over potato mixture and toss well. Place remaining in a serving dish for people to add more dressing to taste.
6. Divide greens, tomatoes, green beans and olives evenly among 4 plates and serve.

Tips:

- There are about nine species of tuna. Ahi is a type of tuna mainly derived from the yellow fin tuna. Either can be used for this recipe.
- If using frozen beans eliminate the cooking step. Place frozen beans in a colander in the sink and allow to thaw. French-cut green beans may be substituted for green beans.
- If niçoise olives cannot be found Greek kalamata olives may be used.

Nutritional Information per

▼ Serving

Calories: 283
Total Fat: 7g
Saturated Fat: 1g
Cholesterol: 24mg
Sodium: 460mg
Total 37g
Carbs:
Dietary Fiber: 7g
Sugar: 1g
Protein: 20g