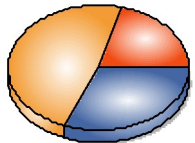




Salad Nicoise in Pita with Cauliflower Salad

Recipe grams: 1726.29g/60.9oz

Serves 3 575.43g/20.3oz per serving



Protein: 35%
Carbohydrates: 47%
Fat: 18%

INGREDIENTS

1 head CAULIFLOWER, RAW, medium (5-6" dia)
2 strip CELERY, RAW, 4" long
1/4 large ONION, RAW
4 large ONION, SPRING OR SCALLIONS, RAW, include tops & bulb
1/4 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
1/4 cup YOGURT, PLAIN, NONFAT
1/8 cup MUSTARD, PREPARED, DIJON
1 tsp BROWN SUGAR, LIGHT
1 tsp BLACK PEPPER, GROUND
2 cup SNAP BEAN, RAW (GREEN BEAN)
2 tbsp CAPERS, NONPAREILLES
12 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED
1 tbsp OLIVE OIL, CALIFORNIA, EXTRA VIRGIN
1 tbsp LEMON JUICE, CANNED OR BOTTLED
1 tsp ANCHOVY PASTE
1/2 tsp SALT, TABLE
3 pita PITA BREAD, 100% WHOLE WHEAT
1 cup SPINACH, RAW
1 whole TOMATO, RED, RIPE, RAW, year round avg (2.4" dia)

DIRECTIONS

Steam green beans until bright green and crisp-tender. Immediately dump in ice water to cool and stop the cooking process. Drain and pat dry. Add capers and tuna. Whisk together oil, juice, paste and salt. Combine with tuna and mix thoroughly.

Serving:

Place two large Romaine lettuce leaves on one side of a plate. Spoon a portion of the cauliflower salad in the center. Sprinkle with paprika if you like.

Lightly steam or warm pita halves. Line with spinach leaves and fill with 1/6 to 1/4 tuna mixture. Top with 2 tomato slices. Lay two halves onto other half of the plate. Repeat with remaining pita pockets.

Nutrition Facts

Serving Size: 1 serving (575.4g)

Servings: 1

Amount Per Serving

Calories 430 Calories from Fat 80

% Daily Value*

Total Fat 9g **15%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 55mg **20%**

Sodium 1830mg **80%**

Total Carbohydrate 53g **20%**

Dietary Fiber 14g **60%**

Sugars 13g

Protein 40g

Vitamin A 45%

• Vitamin C 190%

Calcium 25%

• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.