

Nicoise SALAD

Be the popular cook and throw in the entire garden! With a taste and texture for every palate, this salad will 'wow' even the pickiest appetite!



Nutrition Facts	
Serving Size (295g) Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 160
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 410mg	17%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 7g	
Vitamin A 25% • Vitamin C 60%	
Calcium 6% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 Minutes
Cook time: 5 Minutes
Serves: 6 People

INGREDIENTS:

For the Salad:

- **1 cup** TOMZ Cherry tomatoes, halved
- **1** Long English Cucumber, thinly sliced
- **1 cup** spinach
- **1 lb.** small potatoes, boiled until tender
- **8 oz.** green beans, blanched
- **½ cup** black nicoise olives
- **4** small radishes, trimmed and thinly sliced
- **4** hard-boiled eggs, halved lengthwise
- **1** small red onion, thinly sliced

For Dressing:

- **1** clove garlic, diced
- **1/4 cup** olive oil
- **3 tbsp.** fresh lemon juice
- Sea salt & freshly ground black pepper, to taste

DIRECTIONS:

To make the dressing:

- Mince garlic on a cutting board and sprinkle with salt. Using a knife, scrape garlic and salt together to form a smooth paste. Transfer paste to a bowl and whisk in oil, juice and pepper; set aside

To make the salad:

- Arrange all ingredients in separate rows on a large serving platter.
- Drizzle dressing over all ingredients, season with salt and pepper. Garnish with red onions just before serving.

CHEF'S TIP:

You can add or substitute the nicoise olives with kalamata olives, or add grilled chicken and salmon!

