Tuna Antipasto Salad
in a new light

Makes: 4 servings
Prep Time: 25 minutes
Cook Time: 30–40 minutes (plus 1 hour chill time)
Difficulty: Easy

Ingredients:
• 1 large red bell pepper
• 2 tablespoons balsamic vinegar
• 1 tablespoon extra-virgin olive oil
• 1 small garlic clove, crushed through a press
• 1/4 teaspoon ground black pepper
• 2 cups chopped cabbage, or 1 (10-ounce) bag coleslaw blend
• 1 (14-ounce) can quartered artichoke hearts in water (not marinated), rinsed in a colander
• 1 (5-ounce) can water-packed low-sodium tuna, drained
• 8 large reduced-sodium olives, sliced (try Musco Family Olive Company “Pearls”)

Directions:
Roast the peppers (can do 2–3 days ahead). Preheat your toaster oven to Broil and line the baking tray with foil. Place the bell pepper on the tray and roast, turning occasionally with tongs, until charred in spots, 30–40 minutes. Transfer the pepper to a large bowl and cover with plastic wrap. Let steam for 10 minutes. Uncover and let cool. With a paring knife, remove the skin, stems, and seeds. Slice into 1-inch strips.

In a medium bowl, whisk together vinegar, olive oil, garlic, and black pepper; add the bell pepper strips, the cabbage, artichoke hearts, tuna, and olives. Toss gently to coat. Cover and refrigerate at least 1 hour to allow flavors to blend.

Nutritional Information: Per serving (1 cup): 140 calories, 5 g fat (0.5 g saturated, 0 g trans), 10 mg cholesterol, 320 mg sodium, 13 g carbohydrate, 3 g fiber, 12 g protein.