



Mediterranean Layered Salad

INGREDIENTS (Yield: 2 entrée salads)

For Salad:

- 2 tablespoons red onion, diced
- 10 cherry tomatoes
- ½ cup chipped cucumber
- ½ cup chopped bell pepper
- ½ cup chopped zucchini
- ½ cup trimmed green beans (ends removed)
- ½ cup no salt added cannellini beans, drained and rinsed
- ½ cup whole wheat rotini pasta, cooked
- 1/3 cup shredded low-fat mozzarella cheese
- 4 ounces low-sodium albacore tuna, drained
- 3 cup field greens
- 2 tablespoons pine nuts

For Italian Dressing:

- 1 cup olive oil
- 1 cup red wine vinegar
- 1 cup water
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper
- 1 teaspoon dried basil
- ¼ teaspoon dried thyme
- 2 tablespoon lemon juice

NUTRITION INFORMATION: 420 Calories; 20 grams Fat; 3.5 grams Saturated Fat; 35 mg Cholesterol; 230 mg Sodium; 34 grams Carbohydrates; 9 grams Fiber; 9 grams sugar; 30 grams Protein

DIRECTIONS

1. Mix all dressing ingredients in a 4-cup jar with a tight-fitting lid and chill. Shake well before using. Divide salad ingredients between two mason jars. Assemble ingredients as written to maintain textures:
 - 1st layer: 2 tablespoons Italian dressing in bottom of jar
 - 2nd layer: Red onion cherry tomatoes, bell pepper
 - 3rd layer: Cucumbers, green beans, zucchini, cannellini beans
 - 4th layer: Whole wheat rotini pasta
 - 5th layer: Cheese and tuna
 - 6th layer: Field greens, pinenuts
2. Shake jar to distribute salad dressing when you are ready to eat.