

VITALITY

Sensational Salads

Simple and Easy Nuevo Nicoise



Ingredients:

- Brown Rice Pasta (cooked)
- Iceberg lettuce chopped
- Chunk tuna
- Tomatoes sliced into small square size
- Spinach (cooked)
- Nicoise olives*,
- Cucumbers sliced and take the seeds out and cut into Small Square

Directions:

Combine and add whatever low fat dressing you desire (I prefer low fat ranch dressing).
Enjoy!