

Mediterranean Salad



Preparation Time:

Under 30 mns

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4 large servings:

- 1 cup white rice
- 1 green bell pepper, washed, dried, chopped
- 20 cherry tomatoes, washed and dried
- ½ red onion, chopped
- 4 oz. canned tuna
- 1 cup canned corn
- ½ cup black olives from Provence
- For the vinaigrette:
 - 1 Tablespoon mustard with herbs of Provence
 - 2 Tablespoons black olive tapenade
 - ¼ cup white vinegar with herbs of Provence
 - Salt, pepper
 - 3-4 oz. olive oil

Boil the rice for 20 mns. Drain.

Wash and dry the bell pepper, the tomatoes, and the onion. Chop in small pieces.

For the vinaigrette, combine the mustard, the tapenade, the vinegar, the salt and pepper, and pour the olive oil in a very fine drizzle while mixing with a wire whisk.

Combine all ingredients together and pour the dressing over. Toss well. Refrigerate.

For more details on this recipe, please watch the video provided for your convenience.