Italian Tuna Salad



Scan Code To Watch Video!



Recipe by: Laura Vitale

Serves 4

Prep Time: 20 minutes Cook Time: 6 minutes

Ingredients

- __1 Medium Eggplant, sliced lengthwise
- __1 Head of Bibb Lettuce
- __3 Cups of Arugula
- _2 to 3 cups of Cooked Green Beans
- _2 5 oz cans of Italian Tuna Packed in Olive
- __3 Plum Tomatoes, cut into large chunks
- __3/4 cup of Corn Kernels, canned or fresh
- __1/2 cup of Italian Green Olives, pitted
- __Olive Oil
- __Fresh Lemon Juice
- __Salt and Pepper to, taste

- 1) Preheat a grill pan over medium high heat, brush both sides of each slice of eggplant with olive oil and grill them for a few minutes on both sides until they develop grill marks. Season with some salt and set them aside to cool.
- 2) Arrange your lettuce and arugula on a platter, top with the eggplant (try to tuck the eggplant under the lettuce a bit) then top with the green beans, tuna, corn, tomatoes and olives.



3) Season with some salt and pepper, drizzle a tiny bit of olive oil and a little squeeze of lemon.