

Tuna salad with egg and potato

Christina found this healthy salad that happens to mesh with the Mediterranean diet.

Ingredients

- 2 large potatoes
- 2 eggs
- 1 teaspoon salt
- 1 large ripe tomato, sliced into wedges
- 1 red pepper, cut into thin strips
- ½ small purple onion, halved and sliced thin
- 1 teaspoons capers, drained and rinsed (optional)
- 8 black olives
- 1 can tuna (5-7 ounces), drained
- 4 tablespoons extra virgin olive oil
- 2 tablespoons sherry vinegar (If you don't have sherry vinegar you can use white vinegar)
- Salt and pepper to taste



Instructions

1. Cook the potatoes: To maintain maximum consistency, vitamins, and flavor, you must cook the potatoes with the skin on. In a medium saucepan, add potatoes and enough water to cover potatoes by 1 inch. Add 1/2 teaspoon of salt. Bring to a boil and continue on a low boil until potatoes are just beginning to get soft. Remove from heat and let cool. Peel potatoes once they are cool enough. Quarter potatoes.
2. Hard boil the eggs: In a medium saucepan, add eggs and ½ teaspoon salt and cover with cool water (water should be about 1 inch above the eggs). Bring to a strong rolling boil and let boil for about 30 seconds. Then turn heat off and let sit for about 12 minutes. Drain hot water and cover eggs with cool water to stop cooking. When cooled, peel the eggs. Cut the eggs into quarters, but save 1 cooked egg yolk for dressing.
3. Prepare vegetables: Slice the tomatoes into wedges, the pepper into strips, and the onion into thin slices as the eggs and potatoes are cooking and add to a large bowl.
4. Add potatoes, eggs, olives, capers (optional), and drained tuna to the bowl.
5. Make the dressing: In a small bowl, mash the cooked egg yolk that you reserved; mix the yolk very well with oil and vinegar until you have a homogenous dressing. Add salt and pepper to taste. Put the dressing on top of your salad.
6. Enjoy!