

FRESH STRAWBERRY VINAIGRETTE, MIXED GREENS AND TUNA SALAD



Crisp mixed greens with creamy tuna salad, make the perfect pair when dressed up with Fresh Strawberry Vinaigrette. The sweet-tart dressing, and fresh sliced strawberries transform day-old tuna salad into a delightful meal.



Fresh Strawberry Vinaigrette and Tuna Salad

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Yields 1

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Prep Time

5 min

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Ingredients

1. For the Vinaigrette
2. 1 cup fresh strawberries
3. 1 teaspoon lemon juice
4. 1/4 cup rice vinegar
5. 1/2 cup olive oil
6. 1/2 teaspoon granulated sugar
7. salt and pepper to taste
8. For the Tuna Salad
9. 1 can white tuna, drained and rinsed
10. 1/2 cup real mayonnaise
11. 1/4 teaspoon celery seeds
12. 2 tablespoon chopped celery
13. 1 tablespoon sweet or spring onion
14. 1 tablespoon chopped dill pickle
15. 1/4 teaspoon yellow mustard
16. 4 -6 cups mixed greens
17. 2-3 fresh sliced strawberries

Instructions

1. For the Vinaigrette
2. Using a small cuisinart food processor, blend all ingredients until emulsified
3. Set aside until ready to use
4. For the Tuna
5. Open can of tuna leaving lid in place
6. drain can juices into sink, run water over the closed lid allowing water to enter around the edges of the can, press lid tightly closed and drain water, repeat 2-3 times
7. In a medium mixing bowl, blend all ingredients until well combined
8. Pour a teaspoon vinaigrette over mixed greens toss to coat lightly
9. Divide dressed greens equally and place on individual serving dishes
10. spoon one cup tuna salad over greens, garnish with sliced strawberries and serve with additional vinaigrette

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>





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