mediterranean rainbow chopped salad



cook time:	prep time:	featured product:
25	**15**	**romaine heart leaves**

get all the colors of the rainbow in your diet with this mediterranean chopped salad: red tomatoes, orange carrots, yellow bell peppers, green cucumber, blue and purple potatoes over a bed of our crisp and crunchy romaine heart leaves! add a little tuna for protein and voilà!

ingredients

2 servings

1 package **organicgirl? romaine leaves** ? , roughly chopped
2 thick slices sourdough bread, cut into 1” cubes
3 tablespoons extra-virgin olive oil, divided
8 ounces small blue or purple potatoes
2 tablespoons fresh lemon juice
5oz can olive oil-packed tuna, drained
1 cup red cherry tomatoes, halved
1 large carrot, peeled and cut into matchsticks
½ yellow bell pepper, cut into strips
½ red onion, very thinly sliced
½ cucumber, peeled and sliced
2 tablespoons black sesame seeds

substitutions

? *substitute with* **little gems**

directions

1. preheat oven to 350?.

2. on a rimmed baking sheet toss bread with 1 tablespoon oil and a pinch of salt and pepper. bake, stirring occasionally, until browned and crisp, about 15 minutes.

3. place potatoes in a medium saucepan, add water to cover, and bring to a boil. reduce heat to simmer until potatoes are tender, about 10 minutes. drain and rinse under cool water. thinly slice potatoes.

4. in a medium bowl, toss romaine with lemon juice, remaining 2 tablespoons oil, and salt and pepper to taste and divide between bowls.

5. top greens with tuna, potatoes, tomatoes, carrot, bell pepper, onion, cucumber, and croutons. sprinkle with sesame seeds.