

# Nicoise Salad

Cynthia Libert, M.D.

Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will help you create your very own delicious meal plan.

## How to Use This Guide

---

This guide contains a blank plan and a list of the recipes I have selected for you.

- Look through the recipes and select meals that appeal to you.
- Add them to your plan by clicking the "Add" button.
- Set the number of servings you'd like the recipe to create.
- Continue to add meals to your plan until it is complete to your liking.

## Grocery List

---

As you add meals to your plan, you'll notice that your grocery list is automatically generated. You can view it by clicking on the "List" tab from your plan. Your list is organized by category so that you know exactly what you need in each section of the grocery store. When your plan is done, get the list and do your shopping.

## Meal Prep

---

Once you have done your shopping, you may want to do some meal prep. This is optional but can really help set you up for a successful week. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

# Nicoise Salad

12 ingredients · 30 minutes · 4 servings



## Directions

1. In a medium pot, add the potatoes and cover them with cold water. Bring to a boil and cook for ten minutes or until fork-tender. Drain the potatoes and transfer them immediately to an ice bath to cool down.
2. Set the asparagus in a steaming basket over boiling water and cover. Steam for about three to five minutes or until fork tender. Transfer them immediately to an ice bath to cool down.
3. In a small bowl, combine the lemon juice, oil, and dill. Season with salt and pepper.
4. Arrange the tuna, cherry tomatoes, radishes, avocado, cucumber, cooked potatoes, and asparagus on a serving platter. Top with red onion and garnish with extra dill if using. Spoon the dressing on top and enjoy!

## Notes

### Leftovers

Refrigerate the dressing and salad separately in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 2 1/2 cups salad.

### More Flavor

Add mustard to the dressing.

### Different Varieties

Nicoise salad has many different varieties. You can add boiled egg, olives, green beans, and lettuce. You can also omit ingredients like avocado or radishes.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

- 2 1/2 cups Mini Potatoes (halved)
- 3 cups Asparagus (trimmed)
- 2 tbsps Lemon Juice
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Fresh Dill (chopped, plus extra for optional garnish)
- Sea Salt & Black Pepper (to taste)
- 1 can Tuna (drained)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1 cup Radishes (quartered)
- 1 Avocado (sliced)
- 1/3 Cucumber (medium, sliced)
- 1/3 cup Red Onion (sliced)

## Nutrition

Amount per serving

Calories	323	Calcium	69mg
Fat	18g	Iron	4mg
Saturated	3g	Vitamin D	19IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	2g	Thiamine	0.3mg
Monounsaturated	12g	Riboflavin	0.3mg
Carbs	30g	Niacin	7mg
Fiber	9g	Vitamin B6	0.7mg

Cynthia Libert

<https://www.caringforthebody.org>



Sugar	6g	Folate	130µg
<b>Protein</b>	14g	Vitamin B12	1.1µg
Cholesterol	15mg	Phosphorous	219mg
Sodium	129mg	Magnesium	74mg
Potassium	1184mg	Zinc	2mg
Vitamin A	1364IU	Selenium	32µg
Vitamin C	46mg		