**Salad Nicoise**

**Produce**

1 bunch green onions

1 head green or red leaf lettuce

1 bunch fresh parsley

1 cucumber 

6 oz. fresh green beans

6-8 small new red potatoes

4 Roma tomatoes 

2 lemons

2 tart apples 

**Canned/Dried Foods**

two 6 oz. cans chunk light tuna packed in water *(if not grilling tuna)*

good olive oil *(if needed)*

low sodium vegetable broth *(if needed)*

Dijon mustard *(if needed)*

pitted Calamata olives (if needed)

capers *(if needed)*

white wine to cook with (*if needed)*

**Frozen Foods  
Meat/Fish/Poultry**12 oz. fresh tuna *(if grilling tuna)*

**Chilled Foods/Dairy**

eggs *(if needed)*

**Additional Items**

A loaf of your favorite Artisan bread