



Humana
Neighborhood Center

Greek Tuna, Quinoa, and Spinach Salad

Serves 4-6

Ingredients:

- 4 cups cooked quinoa
- 3 tablespoons red wine vinegar
- 1/3 cup cold pressed olive oil
- 4 vine ripened tomatoes, chopped
- 1/4 red onion, finely chopped
- 1/4 cup pitted kalamata olives, chopped
- 1/4 cup parsley, finely chopped
- 1 tablespoon fresh basil, finely chopped
- 1 teaspoon oregano, finely chopped
- 1/8 teaspoon kosher or sea salt
- 1/8 teaspoon cracked black pepper
- 1/8 teaspoon crushed red pepper (optional)
- Four 6-ounce pouches tuna in water, drained and broken into chunks
- 2 cups fresh spinach, finely cut

How to prep:

1. Cook quinoa, set aside.
2. Pour the vinegar into a large bowl and whisk in the olive oil in a slow, steady stream. Stir in the tomatoes, red onion, and olives. Add the quinoa and parsley, basil, oregano, spinach and toss. Add salt, pepper, and crushed red pepper, mix well. Stir in the tuna.

