



## A Taste of Canadian Agriculture

### Potato salad with tuna or salmon

4	medium potatoes, cooked
1/2 cup (125 mL)	bottled Italian dressing, divided
1 can (6 oz. / 170 g)	tuna or salmon, flaked
1/4 cup (50 mL)	celery, chopped
2 tbsp (30 mL)	green onion, sliced
1/4 cup (50 mL)	green and red peppers, chopped
	salt and pepper to taste
	lettuce, tomato and cucumber slices to garnish

### Method

Reheat leftover potatoes in a microwave for 2 minutes on **HIGH**, then peel, if needed, and cut into chunks. Pour 1/4 cup (50 mL) of dressing over potatoes; mix gently and refrigerate. Marinate potatoes several hours or overnight. At serving time, add the remaining dressing and the rest of the ingredients except lettuce, tomato and cucumbers. Toss gently. Arrange the salad on lettuce leaves and garnish with cucumber and tomato slices.

- Makes 4 servings

### NUTRITIONAL INFORMATION PER SERVING

- 235 Calories; 15 g fat; 7 g protein; 20 g carbohydrate

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