



### **Herbed Tuna Salad with Feta and Pine Nuts**

6 oz. can of tuna, drained  
1/4 C. plain, thick yogurt\*  
1 T. mayonnaise  
1/4 C. crumbled feta cheese  
1 T. chopped fresh parsley  
1 T. snipped fresh chives  
1 - 2 T. toasted pine nuts\*\*  
a squeeze of fresh lemon juice  
fresh ground black pepper  
4 small to medium leaves of romaine lettuce

1. In a medium bowl, stir together all the ingredients with a fork.
2. Spoon salad into the middle of the lettuce leaves, garnish with extra chopped herbs if desired.
3. Enjoy!

\* If your yogurt is runny, line a strainer with cheesecloth, pour in one cup of yogurt and let drain over a bowl for half an hour or so. Measure out 1/4 C. of the thickened yogurt and proceed with recipe.

\*\* Toast pine nuts in a small, dry skillet over medium heat. Shake the pan frequently and don't leave them unattended, they will toast very quickly! When they start to turn a golden brown, remove nuts to a small bowl and let cool.