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Here's a really easy salad that is loaded with flavor. It is extremely satisfying and very healthy.

For two salads you will need:

1/4 iceberg lettuce, chopped

1 large tomato, chopped

1/2 small red onion, chopped

6 radishes, chopped

1 large carrot, peeled and grated

1 celery stalk, chopped

8 Kalamata olives, seeded and chopped

1 small can tuna, drained

1 cup crispy Chinese noodles -optional

Dressing of your choice

Mix all of the vegetables with the tuna and olives. Coat with dressing of choice and toss well. I used a combination of olive oil, lemon juice, a little bit of mayo, salt and pepper.

Serve the salad topped with crispy noodles. Enjoy!

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