

## Tuna Summer Salad w/ Pasta



### Trisha's Dishes

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This is a wonderful summer salad. While we enjoy the salad for a meal, I like to take it to a potluck or offer it as a BBQ side dish. Try it, you'll love it.

**Note:** As with this recipe, I like to slightly toast nuts and seeds prior to adding to salads.

**Servings:** 2 to 3

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

#### Ingredients:

- ¼ cup sliced almonds
- 4 oz. pasta (Penne and Rotini work best)
- 3 tablespoons extra-virgin olive oil (citrus lemon fused if you have it)
- 1 tablespoon lemon juice
- 2 eggs hard boiled, chopped
- 1 5-oz can Solid White Albacore Tuna, drained
- ½ cup green olives, sliced in rounds
- ½ cup marinated artichoke hearts, cut in chunks
- ½ teaspoon capers, chopped
- Salt & Pepper to taste

#### Instructions:

1. Heat oven to 400 degrees. Spread the almonds on a rimmed cookie sheet and toast until fragrant, 6 to 8 minutes. Let cool.
2. Cook pasta in a pot of boiling salted water for 1 minute less than the package instructions.
3. Drain and toss in a colander with 1 tablespoon of olive oil, continue to drain.
4. In a small mixing bowl, combine the eggs, tuna, olives, artichokes and capers. Drizzle with lemon juice and olive oil. Gently fold in pasta and season with ¼ teaspoon salt and 1/8 teaspoon pepper.
5. Refrigerate to chill and allow the flavors to blend.
6. Sprinkle with almonds before serving.

◇ **To Serve:** I like to serve the salad on a bed of chopped spring salad mix. No additional dressing is needed.

◇ **Tip:** Hard boiled eggs should never be boiled; it makes them tough and rubbery. They should be cooked in hot (still) water. Bring water to a boil, gently add the eggs, cover and remove pan from the heat source. Let large eggs rest in water for 17 minutes.