

7 Day Heart Healthy Sample Meal Plan

Key aspects:

- Mediterranean diet inspired, including more meals using fish and legumes for protein
- higher in fibre, in particular soluble fibre
- higher in heart healthy fats (monounsaturated, polyunsaturated and omega 3s)
- balanced meals following the healthy plate outline

***for recipes, either click on the hyperlink or find in the recipe appendix at the back of the document.*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Avocado and egg breakfast sandwich + ½ cup plain Greek yogurt & ½ cup berries Recipe sourced from: https://www.hearandstroke.ca/healthy-living/recipes/breakfast/avocado-and-egg-breakfast-sandwich Nutrition Info for 1 serving:	Breakfast yogurt and berry parfait 1/3 cup All bran bud cereal + ¾ cup plain 2% Greek yogurt + ½ cup berries Nutrition Info for 1 serving: 250 calories 21 grams protein 5 grams fat 14 grams fibre	Breakfast Overnight Oats Recipe sourced from: https://kaynutriti.on.com/protein-overnight-oats/ **reduce amount of honey to ½ tbsp Nutrition Info for 1 serving: 420 calories 25 grams protein 11 grams fat 10 grams fibre	Breakfast avocado toast with cottage cheese and tomatoes Recipe sourced from: https://thelemonbowl.com/avocado-toast-with-cottage-cheese-and-tomatoes/ Nutrition info for 1 serving: 440 calories 25 grams protein 11.9 grams fat 13.1 grams fibre	Breakfast egg muffins with red pepper and spinach Recipe sourced from: https://kaynutriti.on.com/egg-muffins-red-pepper-spinach/ Nutrition info for 3 cups: 303 calories 21 grams protein 21 grams fat 3 grams fibre	Breakfast leftovers egg muffins with red pepper and spinach Nutrition info for 3 servings: 303 calories 21 grams protein 21 grams fat 3 grams fibre	Breakfast yogurt and berry parfait 1/3 cup All bran bud cereal + ¾ cup plain 2% Greek yogurt + ½ cup berries Nutrition Info for 1 serving: 250 calories 21 grams protein 5 grams fat 14 grams fibre

<p>370 calories 26 grams protein 14 grams fat 7 grams fibre</p>						
<p>Lunch Mediterranean white bean salad Recipe sourced from: https://www.themediterraneanandish.com/tuscan-white-bean-salad/ **Note to make a healthy balanced lunch containing enough protein have 1 serving of the salad paired with 1 small can tuna (85g such as clover leaf light tuna in olive oil) + 1 medium sized pear Nutrition Info for 1 serving + 85g can tuna and pear 440 calories 28 grams protein 12 grams fat 12 grams fibre</p>	<p>Lunch Leftover chicken broccoli and sweet potatoes from night before Nutrition Info for 1 serving: 478 calories 50 grams protein 14 grams fat 8 grams fibre</p>	<p>Lunch leftover salmon and vegetables Nutrition Info for 1 serving: 365 calories 31 grams protein 12 grams fat 7 grams fibre</p>	<p>Lunch Mediterranean chickpea farro salad with shrimp Recipe sourced from: https://www.themediterraneanandish.com/mediterranean-chickpea-farro-salad/ Nutrition info for 1 serving: 519 calories 16.6 grams protein 24.6 grams fat 5 grams fibre</p>	<p>Lunch Mediterranean bento lunch Recipe sourced from: https://www.eatingwell.com/recipe/259236/mediterranean-bento-lunch/ Nutrition info for 1 serving: 497 calories 36.7 grams protein 13.8 grams fat 7.9 grams fibre</p>	<p>Lunch leftover pork loin roast and vegetables Nutrition info for 1 serving: 347 calories 41 grams protein 11 grams fat 4 grams fibre</p>	<p>Lunch Mediterranean tuna pasta salad Recipe sourced from: https://kaynutrition.com/mediterranean-tuna-pasta-salad/ Nutrition for 1 serving: 493 calories 22 grams protein 25 grams fat 4 grams fibre</p>

<p>Dinner Sheet pan roast chicken with broccoli & sweet potatoes Recipe sourced from: https://gimmedelicious.com/chicken-broccoli-sweet-potatoes-meal-prep/ Nutrition Info for 1 serving: 478 calories 50 grams protein 14 grams fat 8 grams fibre</p>	<p>Dinner sheet pan baked salmon with vegetables Recipe sourced from: https://therealfooddietitians.com/one-pan-salmon-and-veggie-bake/ Nutrition Info for 1 serving: 365 calories 31 grams protein 12 grams fat 7 grams fibre</p>	<p>Dinner blackbean quinoa burritos Recipe sourced from: https://www.blissfulbasil.com/the-ultimate-vegan-protein-burrito/ Nutrition Info for 1 serving: 522 calories 22 grams protein 17 grams fat 8 grams fibre</p>	<p>Dinner Hasselback caprese chicken Recipe sourced from: https://www.eatitngwell.com/recipe/261639/hasselback-caprese-chicken/ Nutrition info for 1 serving: 355 calories 37.6 grams protein 18.9 grams fat 4.2 grams fibre</p>	<p>Dinner pork loin roast and vegetables Recipe sourced from: https://diethood.com/pork-loin-roast-recipe/ Nutrition info for 1 serving: 347 calories 41 grams protein 11 grams fat 4 grams fibre</p>	<p>Dinner salmon cakes and grilled asparagus with parmesan cheese Recipes sourced from: https://d32iuixumowb61.cloudfront.net/resources/salmoncroquettes-r3.pdf https://therealfooddietitians.com/grilled-asparagus-with-parmesan/ Nutrition for 1 serving salmon cakes (4 pieces) + 1 serving asparagus 450 calories 47 grams protein 13 grams fat 5 grams fibre</p>	<p>Dinner Leftovers salmon cakes + 2 cups mixed green salad + 1-2 tbsp olive oil based salad dressing</p>
<p>Snacks (optional- add 1-2 snacks per day as needed based on individual needs):</p> <ul style="list-style-type: none"> • 1–2 ounces nuts (walnuts, almonds, pistachios, pecan, hazelnuts, brazil nuts etc) • ½ cup Greek yogurt • 2 tbsp hummus + raw veggies • 1 apple + 2 tbsp peanut butter OR nut butter of choice • 1 babybel cheese/ laughing cow cheese wedge + 4-5 whole grain crackers • 2 melba toast + 1 small (85g) can tuna 						

RECIPES

Avocado and Egg Breakfast Sandwich

Ingredients

4 eggs
1/4 tsp (1.25 mL) pepper
1 tbsp (15 mL) olive oil
½ ripe avocado, peeled, pitted and sliced
1 tbsp (15 mL) lime juice
4 lettuce leaves
16 slices cucumber
1/3 cup (75 mL) sprouts
4 whole wheat English muffins, toasted

Directions

Whisk together eggs and pepper. In non-stick skillet, heat oil over medium-low heat; pour in egg mixture. Cook, stirring constantly, until eggs are creamy and softly set, approximately 5 minutes.
Toss together avocado, lime juice, and pinch each of the salt and pepper. Layer lettuce, avocado, cucumber, scrambled eggs and sprouts over bottom halves of English muffins. Cap with top halves of muffins.

Tuscan White Bean Salad

Ingredients

2 cans white beans (cannellini), drained and rinsed well
1 English cucumber, diced
10 oz grape or cherry tomatoes, halved
4 green onions, chopped
1 cup chopped fresh parsley
15 to 20 mint leaves, chopped
1 lemon, zested and juiced
Salt and pepper
Spices (1 teaspoon Za'atar and ½ teaspoon each Sumac and Aleppo. See notes for more options)
Extra virgin olive oil
Feta cheese, optional

Instructions

Add white beans, cucumbers, tomatoes, green onions, parsley and mint to a large mixing bowl.

Add lemon zest. Season with salt and pepper, then add za'atar, sumac and Aleppo pepper.

Finish with lemon juice and a generous drizzle of extra virgin olive oil (2 to 3 tablespoons). Give the salad a good toss to combine. Taste and adjust seasoning. Add feta cheese, if you like. (For best flavor, let the salad sit in the dressing for 30 minutes or so before serving. See notes).

Chicken Broccoli and Sweet Potatoes

Ingredients

4 medium chicken breasts (pounded thin)

2 tablespoons (or taco seasoning)

2-3 cloves garlic (minced)

1 tablespoon lemon juice (or lime)

4 cups sweet potatoes (diced)

4 cups broccoli florets

2 tablespoons olive oil

salt (to taste)

pepper (to taste)

Instructions

Preheat oven to 425F. Line a baking sheet with foil or parchment paper and set aside.

Place diced sweet potatoes on a baking sheet, drizzle with a light layer of oil and drizzle of salt & pepper. Bake for 15 minutes.

While the sweet potatoes are baking, combine the chicken, seasoning, garlic, olive oil, and lemon juice in a large mixing bowl. Mix until the chicken is fully coated with spices.

Remove sweet potatoes from the oven and add chicken and broccoli to the same pan (keep sweet potatoes in the pan). If the pan is too small, split them into two pans. Drizzle the broccoli with a light layer of olive oil and salt & pepper.

Return sheet pan to the oven and bake another 15 minutes or until the chicken is cooked through. Turn on the broiler to high and broil for 2-3 minutes or until the chicken is golden (optional step).

To Meal-Prep: allow the chicken to cool for at least 5-10 minutes before cutting. Cut into slices and divide chicken and veggies into 4 meal prep containers. Re-heat in the microwave for 2 minutes on high or until steaming

One Pan Salmon and Veggie Bake

Ingredients

3 tablespoons avocado oil or olive oil

Juice of 1 medium lemon (about ¼ cup)

2 garlic cloves, finely minced

1 tablespoon fresh dill (or ½ teaspoon dried dill)
½ teaspoon fine salt
¼ teaspoon black pepper
1 ¼ pound salmon fillets
1 pound sweet potato (1 large or 2 small), thinly sliced
12 ounces fresh green beans, trimmed
½ small red onion, thinly sliced
½ lemon, thinly sliced

Instructions

Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper and set aside.

Make the marinade by whisking together the oil, lemon juice, garlic, dill, salt, and pepper in a small bowl. Set aside 2 tablespoons of the marinade to use later.

Place the salmon fillets in a shallow dish and pour half of the remaining marinade (not the 2 tablespoons you just set aside), over the salmon.

Place the salmon in the fridge to marinate while you prep the veggies.

Wash and peel the sweet potato. Using a knife or mandolin slicer, thinly slice the sweet potato into rounds about ⅛-inch thick.

Place the sweet potato slices on the baking sheet. Drizzle with the other half of the marinade that you used for the salmon. Toss the sweet potato slices with the marinade then spread them into an even layer on the baking sheet.

Place the baking sheet in the preheated oven and bake for 10 minutes. After 10 minutes, remove the pan and move the sweet potatoes to one side of the pan to make room for the green beans and onion.

Drizzle the green beans and onion with the reserved 2 tablespoons of marinade. Give them a little toss with your hands or a spoon then spread them evenly into a thin layer next to the sweet potatoes. Return the pan to the oven and bake for an additional 5 minutes.

After 5 minutes, remove the pan from the oven and make a space in the center of the pan for the marinated salmon fillets. Top off each salmon fillet with a lemon slice or two and sprinkle with a little salt and pepper.

Place the baking sheet back into the oven and bake for 10-15 minutes or until the salmon flakes easily with a fork and is no longer opaque. The sweet potato slices should be tender and the green beans crisp-tender.

Serve the salmon and vegetables with additional lemon slices and salt and pepper, if desired.

Protein Overnight Oats

Ingredients

1/2 cup quick oats or rolled oats
1/2 cup milk
1/2 cup Greek yogurt, plain
1 tablespoon chia seeds
1/2 tablespoon honey

1/2 cup berries, frozen

Instructions

Add berries to a mason jar or container. You can use fresh berries, however, frozen berries will create a syrup-like texture when they thaw to help infuse the overnight oats with flavour.

In a separate small bowl, add oats and milk and stir until well combined. Then add the yogurt, chia seed, and honey, and stir again until well combined.

Transfer the yogurt mixture to the mason jar on top of the berries, cover with a lid and transfer to the fridge overnight or for at least 2 hours.

In the morning, remove the jar from the fridge and use a spoon to give it a good stir to mix the berries and yogurt. Feel free to adjust the texture with an extra splash of milk and/or a dollop of yogurt.

These overnight oats can be made ahead of time and stored in the fridge for up to 3 days.

Ingredients

For the Quinoa

¾ cup white quinoa, thoroughly rinsed

1 ½ cups water

¼ teaspoon sea salt

1 can black beans, drained and rinsed

¼ cup chopped fresh cilantro

3 tablespoons lime juice

3 tablespoons hemp seeds

¼-1/2 teaspoon sea salt, to taste

Freshly ground black pepper, to taste

For Kale

3 cups destemmed and chopped kale

1 tablespoon lime juice

½ tablespoon olive oil

Sea salt, to taste

Freshly ground black pepper, to taste

For the Pico de Gallo

1 cup quartered cherry tomatoes

¼ cup finely diced red onion

2 tablespoons chopped cilantro

Sea salt, to taste

For the Guacamole

1 ripe avocado, halved, pitted, and peeled
1 lime, juiced
Sea salt, to taste

Additional Ingredients

4 large sprouted-grain or gluten-free tortillas

Instructions

For the Quinoa

Add the quinoa and water to a small pot with $\frac{1}{4}$ teaspoon sea salt. Heat over medium-high heat until boiling. Reduce heat, cover, and simmer for 10-14 minutes or until quinoa is tender and translucent. Fluff with a fork and transfer to a large bowl.

Add the black beans, chopped cilantro, lime juice, hemp seeds, sea salt, and black pepper to the quinoa and stir. Set aside.

For the Kale

Add the chopped kale, lime juice, olive oil, and sea salt to a bowl and massage the kale for 2-3 minutes or until tender. Set aside.

For the Pico de Gallo

Add the cherry tomatoes, red onion, cilantro, and sea salt to a bowl and stir to combine. Set aside.

For the Guacamole

Scoop the flesh of the avocado into a small bowl along with the juice of one lime and sea salt, to taste. Use the back of a fork to smash the avocado to desired consistency. Set aside.

To Assemble the Burritos

Lay one tortilla flat on a clean work surface. Fill the tortilla with the quinoa mixture, pico de gallo, guacamole, and kale. Begin rolling the burrito away from you, being sure to tuck the sides in as you go. Slice in half and serve immediately. Repeat.

Refrigerate leftovers in separate airtight containers.

Avocado Toast with Cottage Cheese and Tomatoes

Ingredients

8 slices whole grain bread (toasted)
2 cups cottage cheese (low fat)
1 ripe California avocado (sliced)
1 tomato (sliced)
 $\frac{1}{2}$ red onion (sliced)
salt and freshly cracked pepper (to taste)

Instructions

Lay toasted bread slices out on a large cutting board and top each one with $\frac{1}{4}$ cup of cottage cheese. Sprinkle with salt and pepper. Top cottage cheese with avocado, tomato slices, and red onion slices, then season with another pinch of salt and pepper. Serve.

Mediterranean Chickpea Farro Salad with Shrimp

Ingredients

2 ½ cup/345 g cooked farro (you'll start with 1 cup dry and cook according to package, see recipe notes)

2 cups/330 g cooked chickpeas, drained and rinsed (canned chickpeas are fine)

10 oz/283.495 g cherry tomatoes, halved (I used different color tomatoes)

1 English cucumber, diced

2 green onions, trimmed and chopped (both white and green parts)

1 large handful fresh parsley, chopped

15 mint leaves, chopped

For Shrimp

1 lb/453.592 g large shrimp, peeled and deveined

Kosher salt

Black pepper

Extra virgin olive oil (I used Greek Early Harvest)

For Salad Dressing

Juice of 1 lemon

5 tbsp/ approx 75 ml extra virgin olive oil (I used Greek Early Harvest)

Kosher salt

Black pepper

2 tsp/202 g dried oregano

½ tsp/ 1.01 g ground cumin

½ tsp/1.03 g sumac

Instructions

In a small bowl or mason jar, add the dressing ingredients (lemon juice, olive oil, salt, pepper, oregano, cumin, and sumac.) Whisk well, or close the mason jar and shake until well-combined.

In a large salad bowl, combine cooked farro with the chickpeas and remaining salad ingredients (cherry tomatoes, cucumbers, green onion, parsley, and mint leaves).

Pour the majority of the dressing on top of the salad, toss to combine (leave a bit of the dressing, like 3 tablespoon or so for the shrimp.) Set aside to allow flavors to meld.

To make the shrimp. Place uncooked shrimp in a bowl, pat dry with some paper towels. Season with salt and pepper. Drizzle extra virgin olive oil and toss to coat.

Heat a skillet or griddle over high heat. Add shrimp and cook on one side till it starts to turn pink, turn over and cook on both sides (4 to 5 minutes in total.) Turn heat off and add the remaining 3 tablespoon of dressing to the hot shrimp, toss to coat.

To serve, transfer the farro salad to a serving platter or individual serving bowls. Add shrimp on top.

Hasselback Caprese Chicken

Ingredients

2 boneless, skinless chicken breasts (8 ounces each)
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
1 medium tomato, sliced
3 ounces fresh mozzarella, halved and sliced
¼ cup prepared pesto
8 cups broccoli florets
2 tablespoons extra-virgin olive oil

Instructions

Preheat oven to 375 degrees F. Coat a large rimmed baking sheet with cooking spray.

Make crosswise cuts every 1/2 inch along both chicken breasts, slicing almost to the bottom but not all the way through. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Fill the cuts alternately with tomato and mozzarella slices. Brush with pesto. Transfer the chicken to one side of the prepared baking sheet.

Toss broccoli, oil and the remaining 1/4 teaspoon each salt and pepper in a large bowl. If there are any tomato slices left, mix them in. Transfer the broccoli mixture to the empty side of the baking sheet.

Bake until the chicken is no longer pink in the center and the broccoli is tender, about 25 minutes. Cut each breast in half and serve with the broccoli.

Egg Muffin Cups

Ingredients

1 red bell pepper, diced
1 cup spinach, chopped
50 grams cheddar, grated
1/4 teaspoon sea salt
1/8 teaspoon black pepper
Butter or olive oil, for greasing

Instructions

Preheat oven to 350°F and grease a 12-cup muffin tin. (If you have a silicone muffin tin I would suggest using it as it is easier to remove the muffins.)

In a large bowl, whisk together eggs and season with salt and pepper. Add chopped bell pepper and spinach, and whisk to combine.

Divide egg mixture evenly across the muffin tins, filling them halfway, and sprinkle with cheese. Depending on the size of your eggs you may have a little extra of the mixture, so you can make a few more.

Transfer the muffin tin to the oven and bake for 17-20 minutes until the centre of each muffin is set.

Once cooked, serve immediately or store in an airtight container in the fridge for up to 5 days.

Mediterranean Bento Box Lunch

Ingredients

¼ cup chickpeas, rinsed

¼ cup diced cucumber

¼ cup diced tomato

1 tablespoon diced olives

1 tablespoon crumbled feta cheese

1 tablespoon chopped fresh parsley

½ teaspoon extra-virgin olive oil

1 teaspoon red-wine vinegar

3 ounces grilled turkey breast tenderloin or chicken breast

1 cup grapes

1 whole-wheat pita bread, quartered

2 tablespoons hummus

Instructions

Step 1

Toss chickpeas, cucumber, tomato, olives, feta, parsley, oil and vinegar together in a medium bowl. Pack in a medium-sized container.

Step 2

Place turkey (or chicken) in a medium container.

Step 3

Pack grapes and pita in small containers and hummus in a dip-size container.

Pork Loin Roast

Ingredients

FOR THE PORK LOIN

3- pound pork loin

1 tablespoon olive oil

FOR THE SPICE RUB

1 teaspoon sweet paprika

1 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon dried thyme

1/2 teaspoon dried rosemary

salt and fresh ground pepper, to taste

FOR THE HONEY GARLIC GLAZE

4 cloves garlic, minced

1/4 cup honey

3 tablespoons low-sodium gluten free soy sauce

1 tablespoon dijon mustard

1 tablespoon olive oil

FOR THE VEGETABLES

1 tablespoon olive oil

1 pound brussels sprouts, cut in half

1 pound butternut squash, peeled, seeds cleaned out, and cut into 1-inch cubes (you can also buy pre-cut butternut squash)

Instructions

Preheat oven to 375°F. Line a rimmed baking sheet with aluminum foil or parchment paper and set aside. Pat dry pork loin with paper towels.

In a small mixing bowl combine paprika, garlic powder, onion powder, thyme, rosemary, salt and pepper.

Lightly spray pork loin with cooking spray. This will make it easier for the spice mix to stick.

Take the spice mix and rub it all over the pork loin.

Heat olive oil over medium heat and sear the pork loin until browned on all sides; about 3 to 5 minutes per side. Transfer pork loin to previously prepared baking sheet, fat-layer side up; set aside.

In a bowl, combine garlic, honey, soy sauce, mustard and oil; whisk until well combined. If too thick, add a bit more oil or soy sauce. Reserve 2 tablespoons of the sauce to use for the vegetables.

Brush remaining honey mixture over the pork loin. Roast for 25 minutes.

In the meantime, toss the vegetables with a tablespoon of olive oil and the reserved honey mixture. Pull pork roast out of the oven and add the vegetables all around it in one layer.

Tent a piece of foil over the pork so the top doesn't burn, but the inside continues to cook. Put back in the oven and continue to cook for 25 to 30 more minutes, or until internal temperature of the pork loin reaches 145°F. Use an Instant Read Thermometer to check for doneness. Stir vegetables half way through cooking.

Remove baking sheet from oven and loosely cover meat and veggies with foil; let rest 10 minutes. Cut the pork in slices and serve with veggies.

Salmon Patties

Ingredients

Salmon Patties

1 can (213 g) Salmon, drained and flaked

2 each Eggs, large, lightly beaten

¼ cup (60 mL) Green onion, finely chopped

2 tbsp (30 mL)

Fresh dill, chopped 2 tsp (10 mL)

Lemon zest 2/3 cup (160 mL)

Bread crumbs, divided ¼ tsp (1 mL)

Salt ¼ tsp (1 mL)

Pepper

Yogurt-Dill Sauce

½ each Cucumber, peeled and grated

½ cup (125 mL) Yogurt, plain and unsweetened, preferably Greek

1 tsp (5 mL) Lemon zest, or more to taste 1 tsp (5 mL)

Lemon juice 2 tbsp (30 mL) Fresh dill, chopped

Directions

1. Preheat oven to 350°F (180°C).

2. In medium bowl, combine salmon, eggs, green onion, dill, lemon zest, 1/3 cup bread crumbs, salt and pepper. Stir to thoroughly combine.

3. Form salmon mixture into eight patties, about 2.5 cm (1-inch) thick.

4. Roll in remaining bread crumbs and place on parchment- or foil-lined baking sheet. Spray lightly with oil. If you prefer less breadcrumbs, omit this step.

5. Bake for 15-20 minutes or until heated through and golden.

6. While salmon is baking, make the lemon-dill sauce: Squeeze excess moisture from cucumber (see Tip) and add to yogurt, along with lemon zest, juice and dill.

Grilled Asparagus with Parmesan

Ingredients

1 pound fresh asparagus spears

2 teaspoons avocado oil or olive oil

3 tablespoons shredded parmesan cheese* (omit for dairy-free, vegan, and Whole30)

Salt and black pepper

Lemon wedges for serving, optional

Instructions

Preheat the grill to medium heat (350-375°F) if using a gas or charcoal grill. If using a Traeger grill or other wood-fired grill that uses indirect heat for cooking, preheat the grill to 450-500°F.

While the grill heats up, rinse the asparagus spears under cool, running water to remove any dirt or debris. Pat dry with a clean kitchen towel.

Using a sharp knife, cut the bottom 1-2 inches from each spear.

Arrange the spears on a grill pan (if using) or a rimmed baking sheet (if not using a grill pan and plan to place the spears directly on the grill grate). Drizzle with oil and gently rub the oil onto the asparagus with your hands. Season with salt and pepper.

Place the grill pan on the grill (or place each spear perpendicular to the grate to prevent them from falling through). Close the lid and cook for 6 minutes (over direct heat) or 8 minutes (over indirect) heat or until the spears are lightly grill-marked, bright green, and tender to your liking, using tongs to turn the asparagus spears halfway through.

Remove the asparagus from the grill and transfer to a plate or serving platter. Sprinkle with parmesan cheese if using and serve with lemon wedges.

Leftovers may be stored in an airtight container in the refrigerator for up to 4 days.

Mediterranean Tuna Salad

Ingredients

Pasta Salad:

200 grams penne pasta, dry (about 2 cups)

1 can water-packed tuna, strained

1 cup cherry tomatoes, halved

1/2 cucumber, halved and sliced

1/2 red bell pepper, thinly sliced

1/4 red onion, thinly sliced

120 grams feta cheese (about 1/2 cup)

10 kalamata olives, pitted and sliced

1/4 cup parsley, minced

Dressing:

1/4 cup olive oil

1/2 lemon, juiced

1 teaspoon Dijon mustard

1 clove garlic, grated

1/2 teaspoon oregano, dried

1/4 teaspoon salt

1 pinch black pepper

Instructions

Bring a large pot of salted water to a boil, add pasta and cook to al dente, according to package directions. Once cooked, strain, rinse with cold water to cool and set aside.

Meanwhile, in a small bowl or jar, combine the dressing ingredients, whisk together and set aside.

Once the pasta has cooled, return to the pot, cover with dressing, add tuna, cherry tomatoes, cucumber, bell pepper, red onion, olives and parsley and toss to combine.

Top with crumbled feta cheese and season with additional salt and pepper to taste.

This salad can be served immediately or stored in the fridge for up to 3 days.