



Recipe

SALAD NICOISE with SWEET POTATO CHIPS

Prep time: 15 minutes

Cook & Cool time: 45 minutes

Makes 4 main dishes or 6-8 sides



Ingredients

- 1 can (15 oz.) sliced beets
- 1 pound medium-size carrots
- 12 ounces mixed lettuces
- 1 can (15 oz.) whole green beans
- 2 cans (6 oz.) white albacore tuna, drained
- 4 hard-cooked eggs, peeled
- ¼ cup nicoise olives
- 1 bag (2.5 oz) Seneca Sea Salt Sweet Potato Chips

Balsamic-Mint Vinaigrette

- ½ cup white balsamic vinegar
- ¼ cup chopped fresh mint
- 3 teaspoons finely minced shallot
- ¼ teaspoon Dijon mustard
- ½ cup extra virgin olive oil
- Kosher salt and ground pepper to taste

Directions

DRAIN beet liquid into a medium size saucepan. Reserve beets.

PEEL carrots and trim ends. Place whole carrots in saucepan with beet liquid, cutting to fit in pan if needed. Cover and simmer over medium heat until tender-crisp, about 15 minutes, turning as needed to cook evenly in liquid. Cool in pan. Drain. Slice diagonally 1/4-inch thick.

COMBINE vinegar, mint, shallot and Dijon mustard in a bowl. Gradually whisk in oil until mixture is combined. Season with salt and pepper. Makes about 1 cup.

PLACE lettuce on plates. Arrange carrots, beets, green beans, and tuna in mounds on lettuce. Cut egg lengthwise into quarters and arrange on salad. Scatter olives over salad.

DRIZZLE salad with about 2 tablespoons dressing. Mound Sweet Potato Chips in center. Serve immediately.