



# Protein-Power Tuna Salad in Jars

## INGREDIENTS

¼ cup Hy-Vee zesty Italian salad dressing  
1 cup cherry tomatoes  
½ cup canned Hy-Vee no-salt-added garbanzo beans, drained and rinsed  
⅔ cup Italian mix giardiniera, drained  
1 (5-oz.) can Hy-Vee Select solid white albacore tuna in water, drained  
2 cups mixed dark leafy salad greens, lightly packed  
2 Hy-Vee Short Cuts hard-boiled eggs, quartered  
Hy-Vee salt and black pepper

## PREPARATION

- 1** Spoon 2 tablespoons salad dressing into each of 2 (1-pint) canning jars. Add in layers of tomatoes, garbanzo beans, giardiniera, and tuna.
- 2** Place salad greens on top of tuna in jars, firmly pressing down to compact layers. Top with eggs. Season with salt and pepper. Serve immediately, or cover tightly and refrigerate up to 2 days.
- 3** To serve, empty each jar into a serving bowl; toss salad to coat with dressing.

## NUTRITION FACTS

Calories: 320  
Total Fat: 14g  
Saturated Fat: 2.5g  
Trans Fat: 0g  
Cholesterol: 225mg

Sodium: 1230mg  
Carbohydrates: 20g  
Fiber: 5g  
Sugar: 5g  
Protein: 29g