Zesty Tuna Salad with Olives & Cherry Tomatoes

A fresh, protein-packed tuna salad with briny olives, sweet cherry tomatoes, and peppery arugula, dressed lightly with olive oil for a low-carb, muscle-friendly meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 7 oz flaked tuna (canned in water, drained)
- 1/3 cup pitted Kalamata olives, halved
- 1 cup cherry tomatoes, halved
- 2 cups fresh arugula
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1/4 tsp sea salt
- 1/8 tsp black pepper

Instructions

1. In a medium bowl, combine the flaked tuna, halved olives, and halved cherry tomatoes.
2. Add the arugula on top and gently toss everything together.
3. In a small bowl, whisk olive oil, lemon juice, salt, and pepper until combined.
4. Drizzle the dressing over the salad and toss lightly to coat evenly.
5. Serve immediately or chill for 10 minutes for a cooler option.

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