

Russian Salad and Romaine Lettuce
(serves 4)

2 carrots cut into 2 in sticks
1/2 c. green beans
1/4 c. salt
3/4 c. large chunk tuna
4 whole eggs
1/4 c. gherkins, sliced
2 T capers
2 T chopped black olives
3 c. chopped romaine
4 T lemon juice
2 T olive oil
S and P to taste

1. In medium sauce pan bring 1 qt. of water to a boil and add salt, blanch carrots until tender 4-5 minutes and then rinse or refresh in cold water, do the same with beans about 6-7 minutes until tender.
2. In small sauce pan cover eggs with water, bring to a boil and simmer for 13 minutes take off the heat and run under cold water.
3. Peel the eggs and quarter them, dispose of the yolks.
4. Mix the carrot, bean and romaine lettuce together.
5. Garnish with olive, capers, gherkins and tuna.
6. Drizzle with lemon juice and olive oil.