



Swimsuit-Ready in 20 Days: Lunch Recipes

Salad Nicoise

12 ounces sweet potato
6 cups green beans, cooked
1½ cups water-pack tuna, drained
2 hard-boiled egg whites, chopped
½ cup fat-free Italian salad dressing
salt and cracked black pepper to taste

Microwave the sweet potato for 3 minutes. Peel the potato and slice into 1/2 inch rounds. Set aside.

To serve: Place the sweet potato rounds on serving plates. Arrange the green beans beside the sweet potato. Sprinkle the tuna and chopped egg whites around the green beans and sweet potatoes. Season with salt and pepper and drizzle with the salad dressing. Served chilled.

Servings: 2