Mediterranean Tuna Chef Salad

8 servings | About $1.13 per serving

10 ounces (1¼ cup) canned albacore tuna, packed in water, drained
6 cups packed baby spinach leaves
1 cup chopped tomatoes (1 large tomato) OR
   ½ can no-salt-added diced tomatoes
½ cup chopped red onion (about ½ medium onion)
1 cup chopped peeled cucumber
   (1 medium cucumber)
¼ cup crumbled reduced-fat feta cheese
2 tablespoons cider vinegar
1 tablespoon lemon juice
1 teaspoon dried oregano leaves
2 tablespoons olive oil

In a large bowl, combine the tuna, spinach, tomatoes, onion, cucumber and feta. In a small bowl, whisk together the vinegar, lemon juice, oregano and olive oil. Toss with the tuna mixture.