

Spanish Mixed Green Salad (Ensalada Mixta)

This colorful, mixed green salad usually includes a combination of ingredients that Americans are familiar with—tomatoes and onions—and others they might find surprising, such as olives, tuna, white asparagus, and artichoke hearts.

Ingredients:

2 large eggs
1 head romaine, or iceberg lettuce
2 medium tomatoes
1 medium cucumber
1 medium red or yellow bell pepper
1/4 to 1/2 medium yellow or red onion
1 medium carrot
1 (6-ounce) can tuna
1 (15-ounce) can white asparagus (or fresh if you can find it)
1 (14-ounce) can artichoke hearts packed in water
1/2 cup green olives, preferably stuffed with anchovies
1 (15-ounce) can baby corn, drained, optional
3 tablespoons extra-virgin olive oil, preferably Spanish
1 tablespoon red-wine or sherry vinegar
Salt, to taste
1 loaf artisan bread, optional, for serving

Directions:

Hard boil the eggs. Allow them to cool in cold water. Peel and cut the eggs into quarters or thick slices and set aside. Cut the lettuce head in half. Rinse the lettuce under cold water and allow to drain. While it is draining, prepare the vegetables. Quarter the tomatoes. Peel and thinly slice the cucumber. Slice the peppers into long, thin strips. Thinly slice the onion and grate the carrot.

Drain the cans of tuna, white asparagus, and artichoke hearts.

Tear the lettuce into bite-size pieces and arrange as a bed on a large platter.

On top of the bed, arrange the tomatoes, cucumbers, onion, peppers, and carrots.

Spread the tuna around the bed of lettuce, breaking it up into small chunks with a fork.

Place the reserved egg slices, asparagus, artichoke hearts, olives, and baby corn, if using, on top.

Dress with oil and vinegar and sprinkle with salt to taste.

Serve cold with crispy artisan bread if you like.

