

# Epicurian Salad

*Irwin Sadetsky*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*1 can anchovies  
4 ounces olive oil  
3 ounces red wine vinegar  
1 tablespoon garlic powder  
4 tablespoons oregano  
5 medium tomatoes  
1 large Romaine lettuce  
8 small radishes  
2 medium zucchini  
2 stalks celery  
2 medium onions  
12 green olives, pitted  
12 black olives, pitted  
1 can water packed tuna  
1 teaspoon black pepper  
6 ounces goat cheese*

In a bowl, combine the anchovies, olive oil, vinegar, garlic powder and oregano until it forms a paste.

Divide the tomatoes into quarters. Shred the dried lettuce by hand. Slice the radishes. Peel and slice the zucchini. Cut the celery into pieces no larger than 1/2-inch. Very thinly slice the peeled onions.

Place the salad pieces in a large bowl. Mix the paste into the salad for no longer than 30 seconds.

Place the green and black olives in an alternating sequence around the edge of the bowl. Pile the drained tuna into the center of the salad.

Add the pepper to the tuna and spread the goat cheese around the tuna.

Present the salad at the table and then mix gently.

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Per Serving (excluding unknown items): 2400 Calories; 192g Fat (68.4% calories from fat); 83g Protein; 116g Carbohydrate; 43g Dietary Fiber; 182mg Cholesterol; 1878mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 15 1/2 Vegetable; 0 Fruit; 33 Fat; 1/2 Other Carbohydrates.