

Spanish Mixed Green Salad (Ensalada Mixta)

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
- 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

Steps to Make It

Gather the ingredients.

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.

Make It Your Own

This is one of those recipes that is absolutely open to interpretation—don't worry if you are missing one or more of the ingredients. Each family in Spain has its own version of ensalada mixta, so it is slightly different in every household. Feel free to add your own fresh ingredients from your kitchen or garden and give it a unique spin as well.

If you are looking for some inspiration, other popular ingredients you can add are anchovies, avocados, black olives, potatoes, and scallions. For the dressing, some people prefer a sherry vinaigrette while others like mixing lemon juice and chopped cilantro into the olive oil.

When you add French green beans (haricot verts), ensalada mixta becomes a *salade niçoise*, which originated in Nice, France.

<https://www.thespruceeats.com/spanish-mixed-green-salad-recipe-3083555>