

Sesame Tuna Salad

YIELD

4

TOTAL TIME

25 minutes

1/4 cup rice vinegar or lemon juice
3 tablespoons canola oil
2 tablespoons reduced-sodium soy sauce
1 tablespoon toasted sesame oil
1 1/2 teaspoons sugar
1 1/2 teaspoons minced fresh ginger
2 5- to 6-ounce cans water-packed chunk light tuna, drained
1 cup sliced sugar snap peas or snow peas
2 scallions, sliced
6 cups thinly sliced napa cabbage
4 radishes, julienne-cut or sliced
1/4 cup fresh cilantro leaves
1 tablespoon sesame seeds
Freshly ground pepper to taste

Whisk vinegar (or lemon juice), canola oil, soy sauce, sesame oil, sugar and ginger in a small bowl.

Combine 3 tablespoons of the dressing with tuna, peas and scallions in a medium bowl. Divide cabbage among 4 plates. Mound one-fourth of the tuna mixture (about 1/2 cup) in the center of each plate and garnish with radishes, cilantro and sesame seeds. Drizzle with the remaining dressing (about 2 tablespoons per salad) and season with pepper.

Source: Eating Well Magazine