

Tuna Dinner Salad

Tonights dinner is somewhat on the lighter side - a terrific tuna salad for two. Should we call that the tantalizing tuna salad tango?

Allow me to lead...

Preparation time: 20-30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on the counter before you start and this salad will be on the table quickly.

Non-salad Items

- 1 baguette or 2 artisan rolls
- 2 Satsuma oranges (peeled and sectioned)

Basil Vinaigrette Dressing

- 12 fresh basil leaves (washed and dried)
- 1 clove garlic (peeled)
- 3 T. yellow onion (coarsely chopped)
- 1 tsp. prepared mustard
- 1 tsp. low-sodium soy sauce
- 2 T. balsamic vinegar
- 2 T. olive oil
- 1/3 C. low-sodium vegetable broth

Tuna Dinner Salad

- 10-12 leaves red or green leaf lettuce
- 1/2 red bell pepper (cut in thin slices)
- 1/2 green bell pepper (cut in thin slices)
- 12-16 slices cucumber (slices quartered)
- 1/2 C. Napa cabbage (shredded)
- 3 thin slices sweet onion (quartered)
- 16 cherry tomatoes
- 1/2 C. grated carrot
- one 6 oz. can chunk light tuna -packed in water (drained)
- 3 T. sunflower seeds (lightly toasted)
- 2 T. capers

Preheat oven to 250°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by wrapping bread or rolls in foil and placing in a preheated 250° oven.

Tuna Dinner Salad

1. Wash and dry lettuce and break up into two shallow bowls (or dinner plates).
2. Arrange vegetables over lettuce in order listed.
3. Top with half the drained tuna on each salad.
4. Sprinkle toasted sunflower seeds and capers over each salad.

Basil Vinaigrette Dressing

Be sure to wash and dry basil leaves.

Separate leaves from thick stems and discard stems. The stems can make the dressing a little bitter.

Blend all ingredients in food processor. Pour into serving container.

Plate and Serve

Serve salads with dressing in a small serving pitcher so diners can dress their own salads.

Serve warm bread and sectioned oranges as side dishes.

What I've Learned from this Recipe

The safest of the canned tuna appears to be albacore packed in water. Check the app "Seafood Watch" for an excellent guide to sustainable seafood.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com