

**Recipe Category: Cold Main Dish** 

## Asian Tuna Dinner Salad

Yield: 1 meal, about 2 cups

1/2 cup fresh or frozen asparagus, cut into 1-inch pieces, or fresh or frozen cut green beans

1/2 teaspoon reduced-sodium soy sauce

1/4 teaspoon ground ginger

a dash of ground black pepper

1 teaspoon dried cilantro leaves

1 tablespoon peanut butter, any kind

1 tablespoon crushed pineapple, drained

3 tablespoons raw diced or shredded carrot

1 tablespoon peanuts, preferably unsalted

3 tablespoons diced cucumber

2 tablespoons tuna canned in water, drained

1/4 cup cooked dry beans, any kind (such as kidney, black, navy, great northern or garbanzo), cooked without salt, rinsed and drained

1/4 cup cooked rice, brown or white

3/4 cup torn or chopped fresh salad greens, such as romaine or spinach

1 tablespoon grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Measure out asparagus. Set aside.
- 3. Using a fork, stir together soy sauce, ginger, pepper, cilantro, peanut butter and pineapple in a mixing bowl.
- 4. Stir in carrots and peanuts.
- 5. Gently stir in cucumber, tuna, cooked dry beans, rice, asparagus and lettuce.
- 6. Place salad on a dinner plate. Sprinkle with cheese.
- 7. Serve cold.
- 8. Cover and refrigerate leftovers within two hours.



Meal suggestion: Serve with a banana, whole grain crackers and low-fat milk.

This low cholesterol cold main dish is an excellent source of vitamins A and C, dietary fiber and iron, and a good source of calcium.

## **Nutrition Facts**

Serving Size 2 cups (302g) Servings Per Container 1

Amount Per Serving	
Calories 350 Calories	from Fat 140
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 20g	

## Vitamin A 120% • Vitamin C 30% Calcium 15% • Iron 25% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

Less than

Total Fat

2 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/ The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University

Inore, Call 1-888-309-4///. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.