

Recipe Category: Cold Main Dish

Tangy Tuna Vegetable Pinwheels

Yield: 2 servings

- 16 frozen asparagus spears, thawed
- 16 ounces canned sweet potato pieces in light syrup
- 2 large hard-boiled eggs, peeled and cut into halves
- 1 medium beet, cooked and cut into 4 wedges, OR 1/2 medium fresh tomato, cored and cut into 4 wedges
- 6 tablespoons light tuna, canned in water, drained well
- 2 teaspoons prepared wasabi sauce or creamy horseradish sauce
- 1 tablespoon chopped onion

2 tablespoons frozen orange juice concentrate, thawed

- 1/8 teaspoon ground black pepper
- 1. Wash your hands and work area.
- 2. On each of two large plates, arrange eight asparagus spears. If the plates were clocks, place the asparagus at the 3, 6, 9 and 12 o'clock positions. Put the asparagus tips at the edge of the plate and the stem ends in the center of the plate. Place four more spears on each plate between each set to form the pinwheel spokes. Trim stem ends so they do not extend past the center of the plate. Set aside any stem ends.
- 3. In a mixing bowl, empty the can of sweet potatoes in light syrup. Select and drain the four largest pieces and place two on each plate, across from each other and between a set of asparagus "spokes," at approximately the one and seven o'clock positions on a clock. Set aside remaining

(continued on reverse side)



<u>Meal suggestion</u>: Serve with biscuits, melon wedges and low-fat milk.

This fun-to-make cold main dish is an excellent source of vitamins A and C, and of dietary fiber. It is a good source of iron.

Nutri Serving Size Servings Per	1 pinwhe	el (346g	
Amount Per Ser	rving		
Calories 310 Calories from Fat 70			
% Daily Value*			
Total Fat 8g			12%
Saturated		10%	
Trans Fat 0g			
Cholesterol 225mg 75			75%
Sodium 260mg			11%
Total Carbohydrate 41g 14%			
Dietary Fiber 6g			24%
Sugars 16g			
Protein 20g			
Vitamin A 21	0% • V	Vitamin (C 120%
Calcium 8%	•	ron 15%	
*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
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra Dietary Fiber	ate	300g 25g	375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

3 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 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," Feb. 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.

Tangy Tuna Vegetable Pinwheels (Continued)

sweet potatoes and syrup.

- 4. Arrange egg halves and beets or tomato wedges across from each other to form the rest of the wheel.
- 5. In a small bowl, mix tuna and wasabi sauce together. Mound half of the mixture into the center of one plate. Repeat for the second plate.
- 6. In a blender or food processor, place any stem ends of asparagus from the salad preparation. Add 1/2 cup sweet potato pieces, 1/4 cup sweet potato syrup, onion, orange juice concentrate and black pepper. Blend until smooth. Drizzle mixture over each salad just before serving.
- 7. Cover and refrigerate leftovers within two hours.