

SALADS

Sensational Asian Tuna Salad Bowl

Makes 5 servings · about 1½ cups each

SATIETY SCORE  5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 15 g · Fiber 2 g · Calories 170	

Ingredients

- Salad: 1 cup sugar snap or snow peas, sliced
- Salad: 2 scallions, sliced
- Salad: 6 cups Napa cabbage, thinly sliced
- Salad: ¼ cup fresh cilantro leaves
- Salad: 1 Tbsp sesame seeds
- Salad: freshly ground pepper to taste
- Salad: 2 cans (5–6 oz) water-packed chunk light tuna, drained
- Dressing: ¼ cup rice vinegar or lemon juice
- Dressing: 3 Tbsp olive oil
- Dressing: 2 Tbsp soy sauce
- Dressing: 1 Tbsp toasted sesame oil
- Dressing: 1½ tsp honey
- Dressing: 1½ tsp minced fresh ginger

Directions

1. Blend the dressing ingredients in a small bowl or blender.
2. Drain the tuna, place in a bowl, and mix with 3 Tbsp of the dressing.
3. Slice the vegetables and arrange in serving bowls.
4. Top with the tuna and drizzle with dressing; garnish with sesame seeds and pepper.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 5 servings · about 1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 cup sugar snap or snow peas
- ☐ 2 scallions
- ☐ 1 medium head Napa cabbage (about 8 cups sliced)
- ☐ 1 small bunch cilantro
- ☐ 1½ tsp fresh ginger

SEAFOOD

- ☐ 2 cans (5–6 oz) water- chunk light tuna

PANTRY & DRY GOODS

- ☐ 1 Tbsp sesame seeds
- ☐ 2 Tbsp soy sauce

CHECK YOUR PANTRY

- ☐ Black pepper
- ☐ Rice vinegar
- ☐ Olive oil
- ☐ Sesame oil
- ☐ Honey