



Vidalia Onion and Tomato Salad with Grilled Tuna

Serves: 4

Ingredients:

Dressing

- 1½ tbsp. olive oil
- ¼ cup lemon juice, fresh or bottled
- 2 tsp white wine vinegar
- 1 tsp Dijon mustard
- ¼ tsp salt
- 1/8 tsp black pepper
- ¼ tsp thyme
- ¼ tsp marjoram



Salad

- ½ lb ahi (yellowfin) tuna steak, fresh or frozen
- ½ tsp olive oil
- ½ Vidalia onion, thinly sliced
- 2 tomatoes, cut into wedges
- 1 large head lettuce (Boston, Bibb, or Romaine), washed, dried, and torn into bite-size pieces

Directions:

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1" chunks and skewer and place on two-three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.





Nutrition Facts: Calories, 160; Calories from fat, 60; Total fat, 6g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 20mg; Sodium, 260mg; Total Carbohydrate, 11g; Fiber, 3g; Protein,16g; Vit. A, 30%; Vit. C, 35%; Calcium, 4%; Iron, 8%.

Source: www.choosemyplate.gov



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