

Seared Tuna and Radish Salad with Wasabi Dressing



4 servings (serving size: 5 ounces fish, 3/4 cup salad, and 2 tablespoons dressing)

Ingredients

SALAD: 1/2 cup fresh snow peas
1 cup torn Bibb lettuce
1 cup thinly sliced radishes (about 4 ounces)
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh cilantro
2 tablespoons radish sprouts
1 1/2 tablespoons fresh lemon juice
1 1/2 tablespoons mirin (sweet rice wine)
1 teaspoon canola oil
4 (6-ounce) sushi-grade tuna steaks
1/2 teaspoon kosher salt

DRESSING: 3 tablespoons silken tofu
1 1/2 tablespoons wasabi powder
1 tablespoon rice vinegar
1 tablespoon fresh lemon juice
1 tablespoon mirin (sweet rice wine)
5 tablespoons water

Preparation

To prepare salad, cook snow peas in boiling water 3 minutes or until crisp-tender. Drain and rinse with cold water; drain. Thinly slice snow peas crosswise. Combine peas and next 7 ingredients (through 1 1/2 tablespoons mirin) in a medium bowl; set aside. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle the fish with salt. Add fish to the pan; cook 2 minutes on each side or until desired degree of doneness. Let stand 2 minutes. Cut into 1/4-inch-thick slices. To prepare dressing, combine tofu and next 4 ingredients (through 1 tablespoon mirin) in a food processor, and process until smooth. With processor on, slowly pour water through food chute; process until well blended. Serve fish over salad; drizzle with dressing just before serving.

Nutritional Information

Calories: 280 (12% from fat)

Fat: 3.6g (sat 0.5g, mono 1g, poly 1g)

Protein: 41.8g

Carbohydrate: 10.7g

Recipe from:

Michel Nischan, Homegrown Pure and Simple: Great Healthy Food from Garden to Table, *Cooking Light*, MARCH 2006