

TUNA EDAMAME SALAD WITH RED WINE VINEGAR DRESSING

Serves 2. Prep time: 10 minutes.

Original recipe:
<https://www.seafoodnutrition.org>



Image source: Marcia Literati of Tenafly Public Library, Tenafly, NJ

Ingredients:

- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 2 tsp whole grain Dijon mustard
- $\frac{1}{8}$ tsp kosher salt
- Ground black pepper to taste
- 1 5-ounce can albacore tuna, packed in water, drained and flaked
- $\frac{1}{2}$ cucumber, peeled, sliced and quartered into bite-size pieces
- $\frac{1}{4}$ cup chopped shredded carrots
- $\frac{1}{4}$ cup shelled ready-to-eat edamame soybeans (or cooked from frozen)
- $\frac{1}{4}$ cup diced red bell pepper
- $\frac{1}{4}$ cup quartered cherry tomatoes
- $\frac{1}{8}$ cup diced red onion
- 1 tsp fresh lemon juice

Instructions:

1. Make the dressing. Whisk together the olive oil, red wine vinegar, Dijon mustard, salt, and pepper in a small mixing bowl and set aside.
2. Make the salad. Combine the tuna, cucumber, carrot, edamame, bell pepper, tomato and red onion in a medium mixing bowl.
3. Pour dressing over tuna edamame salad and toss to combine.
4. Cut the lemon into wedges and serve as a garnish with the salad. Squeeze fresh lemon juice over the salad.