

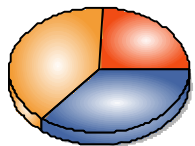


Ahi Tuna with Edamame Succotash

By: Modified by Dr.Jez from Cooking Light

Recipe grams: 1116.80g/39.4oz

Serves 4 279.20g/9.8oz per serving



Protein: 36%
Carbohydrates: 40%
Fat: 24%

INGREDIENTS

12 oz TUNA, YELLOWFIN, FRESH, RAW
1/2 cup ONION, SPRING OR SCALLIONS, RAW
4 tsp THYME, DRIED, LEAVES
2 tbsp Rice Vinegar
2 tbsp LIME JUICE, UNSWEETENED
1 tsp OLIVE OIL
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
3 cloves GARLIC, RAW
3 cups CORN, YELLOW, FROZEN
1 cup SOYBEAN, RAW

DIRECTIONS

Combine soybeans and corn in a large bowl. Steam in a microwave until hot. Add scallions

Combine thyme, vinegar, juice and oil and mix. Salt and pepper to taste. Add a dash of sugar just to smooth the tang.

Lightly salt and pepper the tuna steaks. Sear in a hot pan coated with cooking spray until browned, turn over and continue until done and just pink inside.

Fill a bowl with spring greens. Add 1/4 of succotash mixture and one tuna steak. Drizzle dressing over the top.

Any firm fish will work. Alternatives are mahi-mahi, swordfish and salmon.

Nutrition Facts

Serving Size: 1 serving (279.2g)

Servings: 1

Amount Per Serving

Calories 430 Calories from Fat 110

% Daily Value*

Total Fat 12g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **15%**

Sodium 80mg **4%**

Total Carbohydrate 45g **15%**

Dietary Fiber 8g **30%**

Sugars 7g

Protein 41g

Vitamin A 10%

• Vitamin C 25%

Calcium 20%

• Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet.