



HEALTHY COOKING

Seared Tuna Poke Bowl

Ingredients

2 (4 - 6 oz.) tuna steaks, 1" thick	5 cups salad greens
1/4 tsp. salt	1/2 Vidalia onion, thinly sliced
1/4 tsp. pepper	1/2 mango, peeled and sliced
2 Tbsp. olive oil, divided	1/2 avocado, thinly sliced
1 Tbsp. rice vinegar	1/4 C. edamame
1 Tbsp. soy sauce	Optional: mandarin orange segments
2 tsp. ginger, grated	1 C. prepared brown rice
1 tsp. honey	

Directions

Pat tuna dry with paper towels and sprinkle with salt and pepper. Heat oil in a non-stick pan over medium heat until just smoking. Add tuna and sear for 2 minutes per side. Transfer to a cutting board and let rest until salad is completed. Note: If you want rare tuna, the thermometer should read 110 degrees.

Whisk vinegar, soy sauce, ginger and honey together in a small bowl. While whisking, drizzle 2 Tbsp. olive oil into the bowl. Once combined, reserve a small amount of vinaigrette and toss the remaining with the salad greens and onion. Divide salad greens and onions into 2 serving bowls and top with mango, avocado and edamame. If using mandarin oranges and brown rice, add at this time. Slice tuna and add to bowls. Drizzle with remaining vinaigrette.

Nutritional Information

Calories: 430 | Total Fat: 7.5 g | Saturated Fat: 2g | Trans Fat: 0g | Cholesterol: 54mg
Sodium: 35mg | Dietary Fiber: 18g | Total Sugar: 3g | Protein: 22g

Serving Size: 2

Tips

Add crunch to the tuna by adding toasted sesame seeds before searing. Instead of tuna, try baked salmon. For your salad greens, use spinach or wilted kale. Pickled carrots would also be a nice garnish.