

SAUTÉED TUNA CHUNKS ON A BED OF GREENS

Recipe courtesy of The National Association of Margarine Manufacturers

Ingredients:

3 C torn Romaine lettuce
3 C torn red leaf lettuce
1 C chopped endive
1 C torn radicchio
1 C sliced mushrooms
1 C snow peas
1 large tomato, cut into wedges
3 cloves garlic, minced
1 TBS margarine product (60% or more oil)
1 lb tuna steaks
1/2 C rice wine vinegar
2 TBS sugar
1 tsp dry mustard
1/4 tsp ground black pepper

Directions:

On 6 individual salad plates, arrange lettuce, endive, radicchio, mushrooms, snow peas + tomato. Set aside. In large skillet, over medium-high heat, cook garlic in margarine 1 minute. Add tuna steaks and cook, browning on both sides, till fish flakes easily with a fork (about 10 minutes). Remove fish & break into chunks. Arrange tuna on individual salads - set aside. In same skillet, add vinegar, sugar, mustard + pepper; heat through. Drizzle vinegar mixture over salads; serve immediately.

Serves 6