

3-SPICE LEMON-TUNA SALAD

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

Grated peel of 1/2 lemon
2 TBS lemon juice
1 TBS honey
1/4 tsp ground ginger
1/4 tsp curry powder
1/4 tsp garlic powder
1 7 oz can tuna, drained/flaked
1 1/2 C seedless grapes halved OR cantaloupe balls or cubes
1/2 C celery, sliced
Shredded lettuce
Lemon wedges (optional)

DIRECTIONS:

In large bowl, combine lemon peel, lemon juice, honey, ginger, curry & garlic powders. Stir in tuna, grapes & celery - toss lightly. Serve on bed of lettuce & garnish with lemon wedges, if desired

Makes 4 servings

[per serving: 120 calories; .8 g fat; 190 mg sodium; 30 mg cholesterol]