



# Vidalia Onion and Tomato Salad with Grilled Tuna

**Prep time:** 30 minutes

**Makes:** 4 Servings

Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna. Perfect for a backyard luncheon.

## Ingredients

For the Salad:

**1/2 pound** ahi (yellowfin) tuna steak (fresh or frozen)

**1/2 teaspoon** olive oil

**2** tomatoes, cut into wedges

**1** large head lettuce (Boston, Romaine or Bibb) (washed, dried, and torn into bite-sized pieces)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>160</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	20 mg
<b>Sodium</b>	<b>260 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>16 g</b>
Vitamin D	1 mcg
Calcium	40 mg
Iron	1 mg
Potassium	933 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables	1 3/4 cups
 Protein Foods	2 ounces

**1/2** Vidalia onion, thinly sliced

For the Dressing:

**1 1/2 tablespoons** olive oil

**1/4 cup** lemon juice, fresh or bottled

**2 teaspoons** white wine vinegar

**1 teaspoon** Dijon mustard

**1/4 teaspoon** salt

**1/8 teaspoon** black pepper

**1/4 teaspoon** thyme

**1/4 teaspoon** marjoram

## Directions

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1" chunks and skewer and place on two-three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.

## Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat

milk and a slice of whole-grain bread.

**Source:** Produce for Better Health Foundation