

# *Tuna, Asparagus, and Lima Bean Salad*

Serves 4 / Fatty fish like tuna, salmon, and trout are rich sources of omega-3 fats, which may help ease inflammation as well as lower levels of blood fats called triglycerides. Tuna and lima beans also deliver a punch of blood pressure-lowering potassium. Ingredient tip: If you prefer, edamame makes a nice substitute for lima beans, but is higher in fat. Serving tip: Garnish with sliced avocado.

16 asparagus spears, ends trimmed

1 pound fresh ahi tuna steak, cut into large cubes

2 tablespoons plus 1 teaspoon sherry vinegar or red wine vinegar

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper, divided

1 tablespoon plus 1/2 teaspoon extra virgin olive oil

2 cups cooked lima beans

2 cups seedless black grapes, halved

1 cup watercress leaves

1/4 cup thinly sliced red onion

1 tablespoon low-sodium soy sauce

1 teaspoon agave nectar

1. Steam asparagus spears until crisp-tender, about 5 minutes. Run under cold water to stop cooking; pat dry. Cut into thirds.

2. Toss fish with 1 teaspoon vinegar and season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Heat 1/2 teaspoon oil in nonstick skillet over medium-

high heat. Place fish in skillet and sear on one side for 2 minutes. Turn over and sear for 2–3 minutes or until desired degree of doneness (seared outside and pink inside is nice). Remove to plate.

3. Combine asparagus, lima beans, grapes, watercress, and onion in a large bowl. Add tuna and toss gently to mix.

4. Combine 2 tablespoons vinegar, 1 tablespoon oil, soy sauce, remaining 1/8 teaspoon pepper, and agave nectar; whisk until well blended. Drizzle dressing over salad and toss.

PER SERVING: 344 cal, 15% fat cal, 6g fat, 1g sat fat, 51mg chol, 36g protein, 39g carb, 9g fiber, 271mg sodium

*Courtesy of Dr. Catherine A. Hebert  
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