

Root Vegetable Salad with Seared Tuna



Recipe Courtesy Chef Bryan Woolley

4 – 6 ounce tuna steaks

½ cup **each** of the following root vegetables, peeled and julienned:

Carrot
Potato
Yam
Turnip
Parsnip

1 Tbsp freshly chopped ginger

1 medium red onion, thinly sliced

2 tsp rice vinegar

1 Tbsp extra virgin olive oil

Salt and freshly ground pepper

1. Heat a large pan of water on the stove. Add salt to the point that the water would be seawater.
2. Place the root vegetables into the boiling water for about 30 seconds. Remove and rinse with cold water to stop the cooking.
3. Place blanched vegetables, onion, and ginger into a large bowl and add rice vinegar and olive oil. Toss to coat, season with salt and pepper and set aside.
4. Sprinkle salt and pepper over tuna steaks and lightly brush with olive oil to prevent from sticking on the grill.
5. Grill tuna for about 2 minutes on each side or until the desired doneness is reached.
6. Serve with freshly made root vegetable salad and enjoy! Serves 4.

Nutrition Facts

Serving Size: One 6-ounce Tuna steak with ¼ Vegetables

Calories	366
Total Fat	6g
Saturated Fat	1g
Cholesterol	99mg
Sodium	152
Carbohydrate	23g
Dietary Fiber	4g
Protein	53g

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Diabetic Exchanges

Protein	7.5
Carbohydrate	1.5
Fat	1