



## Summer Salad of Seared Tuna, Lima Beans, and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 36 ounce tuna steaks ()
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 6 tablespoons basil fresh chopped
- ☐ 0.8 pound green beans trimmed
- ☐ 1.5 cups lima beans \*soaked overnight shelled

- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 teaspoon salt divided
- ☐ 4 cups water
- ☐ 0.8 pound turtle beans yellow trimmed

## Equipment

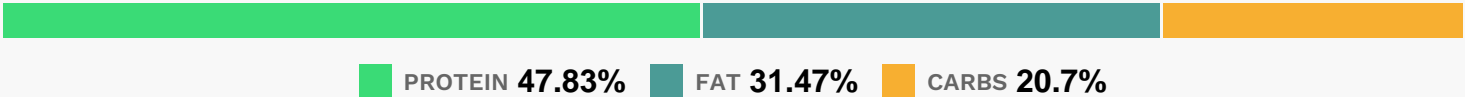
- ☐ bowl
- ☐ sauce pan
- ☐ grill

## Directions

- ☐ Preheat grill.
- ☐ Bring 4 cups of water to a boil in a medium saucepan over medium-high heat.
- ☐ Add lima beans; cook 20 minutes or until tender.
- ☐ Drain.
- ☐ Add vinegar and oil, tossing well.
- ☐ Bring 4 cups of water to a boil in a medium saucepan over medium-high heat.
- ☐ Add green beans and yellow wax beans; cook 7 minutes or until crisp-tender.
- ☐ Drain and combine lima beans, green beans, yellow wax beans, tomatoes, and basil in a large bowl.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper; set aside.
- ☐ Coat both sides of tuna with cooking spray; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place tuna on a grill rack coated with cooking spray; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Cut each steak crosswise into 1/4-inch slices; arrange over bean mixture.
- ☐ Wine note: The perfect wine for a summer salad needs to be refreshing and crisp, while at the same time capable of standing up to the "meatiness" of the grilled tuna and the acidity inherent in tomatoes. My favorite choice comes from France: Sancerre. (Sancerres are always made from sauvignon blanc grapes.) Try the Pascal Jolivet Sancerre 2003 (Loire Valley,

France, \$25), which is snappy, fresh, and full of citrus flavors. –Karen MacNeil

## Nutrition Facts



### Properties

Glycemic Index:33.92, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:40.106956316077%

### Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

### Nutrients (% of daily need)

Calories: 389.94kcal (19.5%), Fat: 13.49g (20.76%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 13.88g (5.05%), Sugar: 4.46g (4.95%), Cholesterol: 64.64mg (21.55%), Sodium: 379.12mg (16.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.13g (92.27%), Vitamin B12: 16.04µg (267.34%), Selenium: 64.8µg (92.58%), Vitamin A: 4453.73IU (89.07%), Vitamin B3: 15.62mg (78.09%), Vitamin D: 9.7µg (64.64%), Phosphorus: 543.39mg (54.34%), Vitamin B6: 0.97mg (48.62%), Vitamin C: 30.56mg (37.04%), Vitamin B1: 0.55mg (36.72%), Vitamin K: 38.09µg (36.28%), Magnesium: 142.76mg (35.69%), Folate: 125.67µg (31.42%), Vitamin B2: 0.52mg (30.85%), Potassium: 1025.92mg (29.31%), Iron: 4.56mg (25.32%), Manganese: 0.49mg (24.61%), Fiber: 6.09g (24.37%), Vitamin B5: 2.19mg (21.89%), Copper: 0.41mg (20.46%), Vitamin E: 2.99mg (19.91%), Zinc: 1.94mg (12.91%), Calcium: 83.39mg (8.34%)