

grilled corn and tomato salad



INGREDIENTS

Vinaigrette

- 1/2 tsp ground cumin 2 mL
- 1/2 tsp ground coriander 2 mL
- 1 1/2 Tbsp canola oil 20 mL
- 2 Tbsp lime juice 30 mL
- 1 tsp lime zest 5 mL
- 1 garlic clove, minced

Salad

- 2 ears corn on the cob, shucked and grilled*
- 2 cups cherry tomatoes cut in half 500 mL
- 2 Tbsp thinly sliced, red onion 30 mL
- 1/3 cup Kalamata olives whole and pitted 75 mL
- 4 cups leaf lettuce leaf lettuce, shredded 1L
- 4 hard-boiled eggs, quartered

INSTRUCTIONS

- 1 In a small bowl, whisk together cumin, coriander, canola oil, lime juice, zest and garlic. Set aside.
- 2 In a large bowl, gently combine corn, tomatoes, onion, olives and vinaigrette.
- 3 Divide lettuce among four plates, top with salad and garnish with egg.

*Cook's Note: You can replace the fresh shucked and grilled corn with 1 cup (250 mL) frozen corn.

This is a light and summery dish that shows off corn and tomatoes at their best. Canola helps keep saturated fat to a minimum.

YIELD: 4 servings **SERVING SIZE:** 1 cup (250 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 200, Total Fat 12 g, Saturated Fat 2 g, Cholesterol 185 mg, Carbohydrates 13 g, Fiber 2 g, Sugars 6 g, Protein 9 g, Sodium 150 mg, Potassium 391 mg

grilled tuna steaks with cilantro and basil



INGREDIENTS

3 Tbsp light soy sauce 45 mL
3 Tbsp canola oil 45 mL
1/4 tsp dried pepper flakes 1 mL
6 tuna steaks (6 oz/170 g each),
rinsed and pat dry
canola oil cooking spray
1/2 cup chopped fresh
cilantro leaves 125 mL
1/4 cup chopped fresh
basil leaves 60 mL
2 Tbsp fresh lime juice 30 mL
1 Tbsp white vinegar 15 mL
1/2 tsp minced garlic 2 mL

INSTRUCTIONS

- 1 In small bowl, whisk together soy sauce, canola oil and pepper flakes. Place tuna steaks and 2 Tbsp (30 mL) of soy sauce mixture in a large, resealable plastic bag. Turn bag several times to coat tuna steaks. Refrigerate no longer than 30 minutes.
- 2 Preheat grill coated with cooking spray over high heat. Meanwhile, in another small bowl, combine cilantro, basil, lime juice, vinegar and garlic.
- 3 Remove tuna from bag, discarding any leftover marinade, and grill tuna for 1 1/2 minutes on each side or until very pink in center (internal temperature of 145 °F/65 °C). Do not overcook tuna or it will become tough. Serve with remaining soy sauce mixture and top with equal amounts of cilantro mixture.

Tuna is a very lean fish and will dry out if overcooked. Cook to an internal temperature of 145 °F (65 °C).

YIELD: 6 servings **SERVING SIZE:** 4 1/2 oz (130 g) tuna and 2 Tbsp (30 mL) cilantro mixture
NUTRITIONAL ANALYSIS Per Serving: Calories 210, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 45 mg, Carbohydrates 2 g, Fiber 0 g, Sugars 1 g, Protein 27 g, Sodium 240 mg, Potassium 306 mg