



BUDGET FRIENDLY RECIPES

Soy-Ginger Dinner Salad with Tuna

Serves 4. Prep time: 15 minutes.

Dressing:

2 tablespoons Field Day olive oil
½ tablespoon soy sauce,
preferably low-sodium
1 tablespoon white vinegar
½ cup plain, low-fat yogurt
½ teaspoon ground ginger
Juice of ½ lemon
Salt and pepper to taste

Salad:

½ cucumber, thinly sliced
1 medium tomato, diced
½ pound fresh spinach
1 cup Field Day canned garbanzo
beans, drained
1 can Natural Sea water-packed
tuna, drained

Preparation

Place all dressing ingredients in a small- to medium-sized mixing bowl. Whisk to combine. Add the cucumber and the tomato, and gently stir to coat the vegetables with dressing. Allow this mixture to sit, marinating the vegetables a bit, while preparing the rest of the salad.

Next, place spinach, garbanzo beans, and tuna in a very large salad bowl or large stainless-steel mixing bowl. Add the dressing and veggie mixture and toss thoroughly but gently to combine.

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Ingredient checklist

PRODUCE

- Lemon
- Cucumber
- Tomato
- Spinach

GROCERY

- Field Day olive oil
- Soy sauce
- White vinegar
- Field Day garbanzo beans
- Natural Sea water-packed tuna

REFRIGERATED/DAIRY

- Plain low-fat yogurt

SPICES/SEASONINGS

- Ginger
- Sea salt
- Black pepper

Serving suggestion

This salad wows diners with its seemingly complicated flavor profile. Packed with protein and fiber, it can easily be incorporated into your meal plan to get you out of a dinner rut. Add nuts on top for extra substance, crunch and pizzazz.

Nutritional information per serving

190 calories	17 g. carbohydrate
9 g. fat	5 g. fiber
10 mg. cholesterol	12 g. protein
220 mg. sodium	

Estimated cost

Total:	\$10.01
Per serving:	\$2.50

The nutritional values and information are approximations, and ingredient costs are estimated.