

Tuna Grain Bowl

Total: 40 min. Active: 30 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 516. Total Fat: 13g. Carbs: 74g. Protein: 31g.

Ingredients

- 2 medium sweet potatoes, peeled and diced into 1-inch pieces
- 2 tbsp toasted sesame oil
- 3/4 tsp ground ginger
- 3/4 tsp ground tumeric
- salt and pepper
- 3 cups frozen cooked brown rice
- 1/4 head red cabbage, thinly sliced
- 2 small carrots, trimmed and peeled into paper-thin strips
- 2 large lime, halved
- 3/4 cup nonfat plain Greek yogurt
- 1 tbsp fish sauce
- 2 tsp chili paste
- 1 1/2 tsp honey
- 10 oz. caned tuna packed in water, drained
- 1 cup frozen shelled edamame, thawed
- 2 scallions, thinly sliced

Directions

Preheat the oven to 450 degrees F and line a rimmed baking sheet with aluminum foil. Toss the sweet potatoes, 1 tablespoon of the sesame oil, 1/2 teaspoon of the ginger, 1/2 teaspoon of the turmeric, 1/4 teaspoon salt and several grinds of pepper on the prepared baking sheet until evenly coated. Roast until tender and lightly browned, tossing halfway through, about 30 minutes.



Directions, continued

Meanwhile, heat the frozen brown rice according to package directions; keep warm. Toss the sliced cabbage, carrot ribbons, the juice from 1 lime half, a pinch of salt and a couple grinds of pepper in a medium bowl until well dressed and combined.

Squeeze the juice from the remaining 2 lime halves into a small bowl. Stir in the yogurt, fish sauce, chili paste, honey, the remaining 1 tablespoon sesame oil, 1/4 teaspoon ginger and 1/4 teaspoon turmeric, a pinch of salt and several grinds of black pepper until smooth. Taste and adjust the seasoning with salt and pepper.

Divide the warm rice among 4 shallow bowls (about 3/4 cup per bowl). Top with the roasted sweet potatoes, cabbage-carrot slaw, tuna (about 1/4 cup per bowl), edamame and sliced scallions. Drizzle with the spicy yogurt dressing, sprinkle with toasted sesame seeds and serve with the reserved lime wedges for squeezing.