

TUNA VEGETABLE & POTATO SALAD WITH YOGURT & VEGENAISE

INGREDIENTS

- 1 lb Red Potatoes (medium) (3) (scrub) (cut into 1/2 inch cubes)
- 1/2 C Vegenaize
- 1/2 C Yogurt (plain) (fat-free)
- 1 T Dill (fresh) **OR** 1 t (dried)
- 1 T Milk (fat-free) **OR** Rice, Almond, Soy or Coconut milk
- 1/2 t Lemon peel (finely shredded)
- 1/4 t Salt
- 1 clove Garlic (minced)
- 1 clove Cucumber (chopped)
- 1/4 C Green onions (scallions) (sliced)
- 1/4 C Radishes (coarsely chopped)
- 1 can Tuna (9 oz can) (chunk white)(waterpack) (drained & broken into chunks)
- 2 Egg whites (from hard-cooked eggs) (yolk discarded) (chopped)
- 12 Savoy cabbage (**leaves**) **OR** Chinese (napa) cabbage (leaves)



DIRECTIONS

- 1 In medium saute pan, cook potatoes in boiling water until tender (10-12 minutes) & then drain
- 3 While potatoes cool, stir vegenaize, yogurt, dill, milk, lemon peel, salt & garlic into a large bowl
- 3 Stir in cucumber, green onions & radishes
- 4 Add cooked potatoes, tuna & egg whites tossing gently to coat
- 5 Cover & refrigerate for 4 - 6 hours
- 6 Line 6 salad bowls with cabbage leaves
- 7 Gently stir tuna mix & then spoon 1 cup of tuna mix on top of cabbage

NOTE

Serves 6

