

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Tangy Tuna Vegetable Pinwheels

Yield: 2 servings

- 16 frozen asparagus spears, thawed
- 16 ounces canned sweet potato pieces in light syrup
- 2 large hard-boiled eggs, peeled and cut into halves
- 1 medium beet, cooked and cut into 4 wedges, OR 1/2 medium fresh tomato, cored and cut into 4 wedges
- 6 tablespoons light tuna, canned in water, drained well
- 2 teaspoons prepared wasabi sauce or creamy horseradish sauce
- 1 tablespoon chopped onion
- 2 tablespoons frozen orange juice concentrate, thawed
- 1/8 teaspoon ground black pepper

1. Wash your hands and work area.
2. On each of two large plates, arrange eight asparagus spears. If the plates were clocks, place the asparagus at the 3, 6, 9 and 12 o'clock positions. Put the asparagus tips at the edge of the plate and the stem ends in the center of the plate. Place four more spears on each plate between each set to form the pinwheel spokes. Trim stem ends so they do not extend past the center of the plate. Set aside any stem ends.
3. In a mixing bowl, empty the can of sweet potatoes in light syrup. Select and drain the four largest pieces and place two on each plate, across from each other and between a set of asparagus "spokes," at approximately the one and seven o'clock positions on a clock. Set aside remaining

(continued on reverse side)



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Research and Extension

*Meal suggestion:
Serve with biscuits,
melon wedges and
low-fat milk.*

*This fun-to-make cold
main dish is an
excellent source of
vitamins A and C, and
of dietary fiber. It is a
good source of iron.*

Nutrition Facts

Serving Size 1 pinwheel (346g)
Servings Per Container 2

Amount Per Serving

Calories 310 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 225mg 75%

Sodium 260mg 11%

Total Carbohydrate 41g 14%

Dietary Fiber 6g 24%

Sugars 16g

Protein 20g

Vitamin A 210% • Vitamin C 120%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate
choices per serving.*

Tangy Tuna Vegetable Pinwheels *(Continued)*

- sweet potatoes and syrup.
4. Arrange egg halves and beets or tomato wedges across from each other to form the rest of the wheel.
 5. In a small bowl, mix tuna and wasabi sauce together. Mound half of the mixture into the center of one plate. Repeat for the second plate.
 6. In a blender or food processor, place any stem ends of asparagus from the salad preparation. Add 1/2 cup sweet potato pieces, 1/4 cup sweet potato syrup, onion, orange juice concentrate and black pepper. Blend until smooth. Drizzle mixture over each salad just before serving.
 7. Cover and refrigerate leftovers within two hours.