

Japanese Tuna-Cucumber Salad

ツナときゅうりのサラダ

Serves: 2

Ingredients

- 70 g canned tuna (drained) ツナ
- 100 g cucumber, thinly sliced きゅうり
- 2 T / 30 g nonfat Greek yogurt ヨーグルト
- 1 tsp / 5 g mayonnaise マヨネーズ
- 1 tsp / 5 g low-sodium soy sauce 醤油
- ½ tsp / 2 g sesame oil ごま油
- ¼ tsp / 1.5 g salt + MSG blend 塩+MSG
- Black pepper to taste 黒こしょう

Instructions

- 1. Prepare cucumber**
 - Slice thinly
 - Lightly salt (use part of salt blend), rest 5 min
 - Squeeze excess moisture
- 2. Make dressing**
 - Combine **tuna, yogurt, mayo, soy sauce, sesame oil**
- 3. Combine**
 - Add **cucumber**
 - Mix gently to avoid breaking tuna
- 4. Finish**
 - Adjust seasoning with remaining salt/MSG
 - Chill briefly before serving

Nutrition (per serving)

Kcal: 180 | Protein: 14 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 6 g | Sugars: 3 g | Fiber: 1 g | Sodium: 420 mg | Omega-3: 0.3 g

