

Tuna Tartare Sliders with Wasabi Mayo

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Servings: 4

Start to Finish Time: 27 minutes

3 tablespoons lower-sodium soy sauce, divided
2 tablespoons rice vinegar
16 slices (1/8-inch-thick) carrot
16 slices (1/8-inch-thick) cucumber
1/4 cup canola mayonnaise
1/2 teaspoon wasabi paste
1 teaspoon fresh lemon juice
16 thin slices white bread
cooking spray
2 tablespoons fresh chives, chopped
1 teaspoon chile paste (such as sambal oelek)
10 ounces sushi-grade albacore tuna steak, finely chopped
1 avocado, peeled and halved lengthwise
8 green leaf lettuce leaves
4 lime wedges (optional)

In a medium bowl, combine two tablespoons of soy sauce and the vinegar. Add the carrot and the cucumber; toss. Cover and chill for 1 hour; toss. Drain and set the vegetables aside.

In a small bowl, combine the mayonnaise, wasabi and juice, stirring well.

Preheat the broiler to high.

Cut each bread slice into a 3-inch circle using a round cutter. Reserve the scraps for another use (such as breadcrumbs or croutons). Lightly coat both sides of the bread rounds with cooking spray. Place the bread rounds on a baking sheet in a single layer. Broil 2 minutes on each side or until toasted. Cool on a wire rack.

Combine the remaining one tablespoon of soy sauce, chives, chile paste and tuna in a large bowl. Gently mix until blended.

Spread about 1/2 teaspoon of mayonnaise mixture on one side of each bread round. Top each with a lettuce leaf. Divide the tuna mixture evenly among the sliders, mounding about two tablespoons on each. Cut each avocado half into eight slices. Place two avocado slices, two cucumber slices and two carrot slices on each slider. Top each slider with the remaining bread round, mayonnaise-coated side down.

Serve with lime wedges, if desired.

Per Serving (excluding unknown items): 630 Calories; 13g Fat (18.1% calories from fat); 20g Protein; 116g Carbohydrate; 22g Dietary Fiber; 1mg Cholesterol; 668mg Sodium. Exchanges: 3 Grain(Starch); 13 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.