

Tropical Albacore Salad

1½ lbs Oregon Albacore loins or steaks
Lemon slices
Onion slices
Bay leaf
Black peppercorns
6 Tbsp low-fat plain yogurt
2 Tbsp sour cream
2 Tbsp chutney
1¼ tsp grated ginger root
2½ tsp lime juice
2 Tbsp chopped green onion
2 Tbsp diced celery
½ tsp grated lime rind
½ cup sliced grapes
2 Tbsp sliced roasted almonds

Place albacore in large skillet in just enough water to cover. Season with lemon and onion slices, bay leaf and black peppercorns to taste. Cover and simmer. Cook 8 minutes per inch of fish measured at its thickest point. Do not overcook! Albacore should be pink in center when removed from heat. Drain, cool and break into large chunks. While albacore is cooling, make dressing by combining yogurt, sour cream, chutney, ginger root, lime juice, green onion, celery, and lime rind. Blend well. Toss albacore and grapes with dressing. Serve on a bed of lettuce and garnish with almonds.

(Courtesy of WFOA)